

WAR-TIME COOKERY





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PRACTICAL RECIPES DESIGNED TO AID
IN THE CONSERVATION MOVEMENT

Compiled and Edited

by

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FOOD CONSERVATION

Let us remember that every flag that flies opposite the German one is, by proxy, the American flag, and that the armies fighting in our defense under these flags cannot be maintained thro the winter unless there is food enough for them and for their women and children at home. There can only be food enough if America provides it. America can provide it only by the personal service and co-operation of all. The small daily substitution can be done by all; the saving in waste by the majority and the lessening food consumed by many."

This little book is not published as a cook book in the sense that it covers all phases of cookery. It is the outcome of an earnest desire to know how, in the average home, one may conserve some materials and substitute others for those needed most by our men and Allies, without radically changing the daily menu or method of living. By giving the matter earnest thought we may easily plan for seven wheatless, fourteen meatless, and twenty-one wasteless **meals** each week and serve food which is attractive, palatable, and sufficient for the daily needs of the body. While leaving eggs and milk out of many recipes, lessens the food value of the dishes, this often seems a wise elimination. Eggs, when used, should be looked upon as a meat substitute, and the children often need the milk.

THE DAY'S FOOD

A man who does fairly hard muscular work would be likely to get the food which his body needs if supplied daily with such a combination of foods as the following:

1¼ pounds of bread, having about the same food value as 1 pound of such cereal preparations as wheat or rye flour, oatmeal, cornmeal, rice, etc.

2 ounces, or ¼ cup, of butter, oil, meat drippings, or other fat.

2 ounces, or ¼ cup, of sugar; or 1-3 cup of honey, or sirup or an equivalent amount of other sweet.

1¼ pounds of food from the following: Fresh fruits and green or root vegetables.

12 ounces of food from a class which may be called "meats and meat substitutes;" that is, moderately fat meats, poultry, fish, eggs, cheese, dried legumes (beans, peas, lentils, cowpeas, and peanuts). Milk also belongs among these foods, but because of the large amount of water it contains half a glass, or 4 ounces, of it would be required to equal an ounce of any one of the others.

A man who works hard out of doors all day probably would need more food than this, and one who sits all day at his desk would need less. The amounts given are suitable for a man who, like a salesman in a store, walks about more or less and does more or less of such work as lifting.

A family consisting of a man and a woman who do moderately hard muscular work and three children—say, between 3 and 12 years of age—would get the food they require if supplied daily with:

4½ pounds of bread, having the same food value as 3 pounds of wheat or rye flour, oatmeal, cornmeal or hominy, or rice; or about 2¾ pounds of cereals and 5 or 6 medium-sized potatoes.

¾ cup of fat (butter or butter with oil, beef drippings, or other fat)—a weekly allowance of 2½ to 3 pounds.

A little more than 1 cup of sugar, or a weekly allowance of 4 pounds; or an equivalent amount of some other sweet.

4 pounds in all of fresh fruits and fresh or root vegetables.

One of the two following, the choice depending on the age of the children:

3 quarts of milk and 1 pound of other foods taken from the meat and meat-substitute group.

2 quarts of milk and 1½ pounds of other foods taken from the meat and meat-substitute group.

WHAT THE DAY'S FOOD SHOULD PROVIDE

The above meals would supply the following substances in about the right proportions to keep the family in healthful condition and to make the food taste good, providing they were well prepared.

A. *Mineral substances* of great variety (lime salts, compounds of phosphorous, iron, and others).—These are used by the body for build-

ing material and are found in all parts of it. They also produce substances within the body tissues which tend to offset acid substances produced in the tissues in the course of digestion of meats and cereals, and serve many other important uses. Without fruits and vegetables the meals would be likely to lack certain mineral substances. Without milk they would be lacking in a mineral substance specially needed by children; that is, lime.

B. *Protein*.—Protein serves as fuel for the body and also provides a certain important element, nitrogen, which is needed in the case of children for growth and in the case of both children and grown people to keep the body in repair. Without the meat or meat substitutes (including milk) the meals would be lacking in this body-building material.

C. *Starch*.—This is one of the chief fuels of the body and is supplied mainly by the cereal foods.

D. *Sugar*.—This serves as fuel for the body and to flavor the food. It is found in milk, fresh fruits, and many other materials, but unless small amounts of very sweet materials—sugar itself, sirup, or honey—are used, the diet is likely to be lacking in it.

E. *Fat*.—This serves as body fuel and also improves the flavor and texture of the food. It is present in meats, nuts, and many other foods, but unless small amounts of specially fat materials, like butter, oil, or cream, are used, the meals are likely to be lacking in it. Moreover, dishes cooked without a certain amount of fat and meals served without butter or some substitute seem, to most persons, dry and unpalatable.

F. *Cellulose*.—This is the material which makes up the framework of plants. It gives bulk to the diet and may tend to prevent constipation. Without the fruits and vegetables the meals would be lacking in this important element.

G. *Certain newly discovered substances in very small amounts*, which are believed to play an important part in keeping people well and in promoting the growth of children. Without milk in the diet some of these substances, particularly those necessary for children, would be lacking, and without meat, milk, eggs, fruits, and vegetables others needed by persons of all ages might not be present in sufficient amounts.

H. *Flavorings and condiments*.—In most families some materials are used in preparing or serving food which add to the attractiveness of the meals without furnishing the body any nourishment. Among these are salt, pepper, vinegar, lemon juice, spices, seasoning herbs, horse-radish, flavoring extracts, and many other materials often spoken of as "condiments." These are not discussed at length, because they are not absolutely needed by the body. They may, however, be very useful in making an otherwise unattractive diet taste good. In fact, the secret of making inexpensive meals attractive lies largely in the skillful use of seasoning and flavors, and in this way they may well be

worth the cost they add to the diet even if they do not increase its actual food value.

Any kind of food contains one or more of the substances just described, and they are combined in as many different ways as there are kinds of food. A satisfactory diet contains all of them and each in its proper proportion, and the problem of planning meals is really that of choosing foods which will do this.

GROUPING FOODS TO SHOW THEIR USES

GROUP 1.—*Foods depended on for mineral matters, vegetable acids, and body-regulating substances.*

Fruits:

Apples, pears, etc.
Bananas
Berries.
Melons.
Oranges, lemons, etc.
Etc.

Vegetables:

Salads—lettuce, celery, etc.
Potherbs or “greens.”
Potatoes and root vegetables.
Green peas, beans, etc.
Tomatoes, squash, etc.
Etc.

GROUP 2.—*Foods depended on for protein.*

Milk, skim milk, cheese, etc.
Eggs.
Meat.
Poultry.

Fish.
Dried peas, beans, cowpeas, etc.
Nuts.

GROUP 3.—*Foods depended on for starch.*

Cereal grains, meals, flours, etc.
Cereal breakfast foods.
Bread.
Crackers.
Macaroni and other pastes.

Cakes, cookies, starchy puddings, etc.
Potatoes and other starchy vegetables.

GROUP 4.—*Foods depended on for sugar.*

Sugar.
Molasses.
Sirups.
Honey.

Candies.
Fruits preserved in sugar, jellies, and dried fruits.
Sweet cakes and desserts.

GROUP 5.—*Foods depended on for fat.*

Butter and cream.
Lard, suet, and other cooking fats.

Salt pork and bacon.
Table and salad oils.

Thinking of foods according to the group to which they belong or according to the nutrient which they supply in largest amount will help the housekeeper to see whether in the meals she plans she has supplied all the different materials needed, especially whether there is the neces-

sary, though small, amount of tissue-building mineral matters and body-regulating materials (group 1), and of tissue-building protein (group 2). When she has made sure that these are present, she may safely build up the bulk of the diet from whatever materials from the other groups that seem economical, wholesome, and appetizing. By means of this grouping she will be reminded that meals consisting only of cereal mush (group 3) served with butter (group 5) and sirup (group 4) would not be a complete ration, and would almost surely be lacking in body-building material, because there are no foods from either group 1 (fruits and vegetables) or group 2 (protein rich). It will become clear, also, that a school lunch of a kind far too frequently served, consisting of bread and cake, is lacking in the same way, and that a glass of milk (group 2) and an apple or an orange (group 1) would make it far more nearly complete. She will learn the wisdom of serving fruit (group 1) rather than a whipped-cream dessert (group 5) or a suet pudding (groups 3 and 5) after a course including a generous portion of fat meat (groups 2 and 5).

The grouping will also help the housekeeper who wishes to save money or time to simplify her meals without making them one-sided or incomplete. For example, if she has been serving bread, potatoes, and rice or hominy in one meal, she will see that one or even two of them may be left out without omitting any important nutrient, providing a reasonable quantity of the one or two remaining is eaten. It will show her that a custard which is made of milk and eggs, two foods from group 2, would hardly be needed after a meal in which a liberal supply of meat had been served, provided one ate heartily of all, and that a child does not need milk at the same meal with an egg or meat. It will suggest that baked beans or other legumes, or thick soups made of legumes, are substitutes for meat rather than foods to be eaten with meat.

Use cereals (flour, meal, cereal breakfast foods, etc) freely, taking pains to prepare them with great care and to vary the kind used from day to day if necessary to keep people from tiring of them.

Remember that a quart of whole milk a day for each child, to be used as a beverage and in cookery, is not too much.

Remember that while skim milk should never be substituted for whole milk as the principal food in a child's diet, it is as valuable as whole milk as a source of protein and mineral matters in the general diet.

Remember that, except in the case of milk for children, the amount needed of foods specially useful for body-building purposes—that is, meats and meat substitutes, fruits, and vegetables—is not large, but what is needed is needed very much.

Do not be ashamed to plan closely. Thrift in food means providing enough food, neither too little nor too much.

Many inexpensive materials can be made attractive and the diet can be pleasantly varied by a wise use of different flavorings.

"Finicky" tastes in food often prevent the use of many valuable materials which might be the means of saving money.

Good food habits are an important part of personal hygiene and thrift. Children get such habits by having suitable amounts of suitable foods served to them and then being expected to eat what is set before them.

True economy lies not only in buying wisely, but also in making the fullest possible use of what is bought.

From Farmers' Bulletin 808, "How to Select Foods."

MEASUREMENTS

All measurements are level. To measure a teaspoonful of material fill the spoon and level it with the edge of a knife. To measure $\frac{1}{2}$ teaspoonful, cut lengthwise of the material in the spoon.

4 saltspoonfuls=1 teaspoonful (t)	2 pints=1 quart (qt.)
3 teaspoonfuls=1 tablespoonful (T).	4 quarts=1 gallon (gal.)
16 tablespoonfuls=1 cupful (c)	28.35 grams=1 ounce (oz.)
2 cupfuls=1 pint (pt.)	16 ounces=1 pound (lb.)

APPROXIMATE MEASUREMENTS

2 c. granulated sugar=1 lb.	2 c. hominy grits=1 lb.
2 $\frac{2}{3}$ powdered sugar=1 lb.	2 c. rice=1 lb.
2 $\frac{2}{3}$ c. brown sugar=1 lb.	4 c. soft bread crumbs=7 oz.
4 c. sifted flour=1 lb.	4 c. walnut meats=1 lb.
4 c. rye flour=1 lb.	4 c. pecan meats=1 lb.
4 $\frac{1}{2}$ c. rye meal=1 lb.	8 to 12 eggs=1 lb.
3 $\frac{1}{4}$ c. yellow cornmeal=1 lb.	2 c. solidly packed butter=1 lb.
4 c. Southern cornmeal=1 lb.	2 c. solidly packed lard=1 lb.
5 c. rolled oats=1 lb.	2 c. solidly packed meat=1 lb.
2 $\frac{1}{2}$ c. pearl barley=1 lb.	1 $\frac{1}{4}$ c. corn syrup=1 lb.

OVEN TESTS

Use heavy white paper about the weight of letter paper. The white cards used in filing cabinets may be purchased by the hundred and each card cut into several pieces. Old, light weight visiting cards may be utilized. Or, 1 t. flour may be spread thinly in a pan and used for testing. While these tests are important for a beginner, one should soon become accustomed to the hand test, which will vary greatly with the individual. Put a piece of paper on the grate in the center of the oven; when it becomes a golden brown within a certain time the oven is the right temperature.

Allow 2 min. for browning the paper for the temperature to be right for starting popovers and puff paste.

Allow 3 min. for biscuits, muffins, and small or layer butter cakes.

Allow 4 min. for starting loaf butter cakes.

Allow 5 min. for starting bread, and for small or layer sponge cakes and meringue for pies.

Allow 6 min. for loaf sponge cake.

When the paper browns in 3 min. the oven is hot. When it browns in 5 min. the oven is moderate.

SAUCES

WHITE SAUCE

Ingredients	No. I Thin	No. II Medium	No. III Thick	No. IV Very Thick
Butter.....	1 T.	2 T.	3 T.	4 T.
Flour	1 T.	2 T.	3 T.	4 T.
Salt	$\frac{1}{2}$ t.	$\frac{1}{2}$ t.	$\frac{1}{2}$ t.	$\frac{1}{2}$ t.
Pepper.....	spk.	spk.	spk.	spk.
Milk	1 c.	1 c.	1 c.	1 c.

OTHER SAUCES

	Drawn Butter	For Beets	Brown	Tomato	Cheese
Butter Substitute	$\frac{1}{2}$ c.	2 T.	$\frac{1}{4}$ c.	3 T.	$1\frac{1}{2}$ T.
Flour	$\frac{1}{4}$ c.	2 T.	$\frac{1}{4}$ c.	3 T.	$1\frac{1}{2}$ T.
Salt	$\frac{1}{4}$ t.	$\frac{1}{2}$ t.	?	1 t.	$\frac{1}{2}$ t.
Pepper	$\frac{1}{8}$ t.	$\frac{1}{16}$ t.	?	$\frac{1}{8}$ t.	$\frac{1}{16}$ t.
Sugar	-----	3 T.	-----	-----	-----
Mustard	-----	-----	-----	-----	$\frac{1}{4}$ t.
Boiling Water.....	1 pt.	$\frac{3}{4}$ c.	-----	-----	-----
Vinegar	-----	$\frac{1}{4}$ c.	-----	-----	-----
Stock	-----	-----	$1\frac{1}{2}$ c. brown	-----	-----
Milk	-----	-----	-----	-----	1 c.
Stewed Tomatoes.....	-----	-----	-----	1 pt.	-----
Grated Cheese.....	-----	-----	-----	-----	$\frac{1}{2}$ c.

Method I. Melt butter and when it bubbles and is frothy, add the flour mixed with the dry seasonings and cook for an instant until smooth and well blended, stirring all the time. Then add the milk, one-third at a time, and stir after each addition until the sauce has thickened; when the boiling point is reached remove from the fire and serve. This is the quickest method of cooking the starch in the flour, due to the temperature of the fat, and there is less liability of the butter separating from the mixture when the sauce is cooked in this manner. If the butter is very salt, scant this seasoning. When sauce is made in this manner one must use as much fat as flour. This is more expensive than Method II.

Method II. Mix the flour and seasoning with a little of the cold milk making a smooth paste which will pour. Heat the remainder of the milk in a double boiler, adding any amount of butter desired. When milk is hot, slowly pour the paste into it, stirring constantly, and continue to stir until sauce thickens. Cook 20 min. in order to cook the

starch. This may be made not so expensive as the other sauce, as it is possible to use much less butter.

Prepare all the other sauces in table in same manner, substituting the various liquids called for instead of the milk and adding the special ingredients as cheese, etc., at the last.

The butter may be browned first, if desired, in the Brown and Tomato sauces. Also, for variety, cook 2 T. chopped onion, 2 cloves, a sprig of parsley and a tiny bit of bay leaf with the tomato before straining.

When the stock used in the sauces has been well seasoned no more salt and pepper will be required; the seasoning always depends upon amount used in stock.

SOUPS WITHOUT MEATS

A cream soup means one which has the consistency of thick cream.

A puree is twice as thick.

These soups are a combination of a thin white sauce or other thickened liquid and vegetable or fish pulp.

All such soups must be thickened somewhat to prevent a separation of the pulp and liquid.

The liquid may be all water, all milk or part cream, or water in which the vegetables were cooked. The thickening may be cornstarch, flour, arrowroot, cracker or bread crumbs. The fat may be cream, butter, butter substitute, drippings, or oil.

The general proportions for cream soups are from 1 to 2 c. vegetable pulp to 1 qt. of white sauce, No. 1. The amount of pulp would depend upon whether it is thick like potato, or thin like celery.

GENERAL RULES

Cook the vegetable or fish and press through a sieve; make a white sauce of fat, flour, salt, pepper and milk, and add the thinner liquid very gradually to the thicker. Serve hot and at once, for if kept hot the vegetable pulp will cause the milk to curdle. In substituting cornstarch for flour, use only half as much.

TOMATO SOUP

1 qt. tomatoes.	$\frac{1}{8}$ t. soda.
1 pt. water.	1 to 3 T. butter or other fat.
Bit of bay leaf.	3 T. flour.
4 cloves.	2 t. salt.
1 T. onion.	$\frac{1}{4}$ t. pepper or more.
1 T. sugar.	

Simmer the first six ingredients in an uncovered saucepan. At the end of 20 min. strain and add soda. There should be 1 qt. of liquid. Combine the last four ingredients as in making white sauce. Add liquid and let it thicken. When mixture reaches boiling point serve.

TOMATO BISQUE

1 pt. of stewed and strained tomatoes.	4 T. flour.
$\frac{1}{8}$ t. soda.	2 t. salt.
1 to 4 T. butter or other fat.	$\frac{1}{3}$ t. pepper.
	1 qt. milk.

Prepare according to rule, adding soda to strained tomato while hot, because it will neutralize the acid quickly. Slowly add hot tomatoes to white sauce and serve immediately.

CORN SOUP

1 can corn or	1 T. chopped onion.
1 pt. chopped corn or	4 T. flour.
$\frac{1}{2}$ c. dried corn.	2 t. salt.
1 pt. water.	$\frac{1}{4}$ t. pepper.
1 to 4 T. butter.	1 qt. milk.

Cook corn and water 15 min. and press through a sieve. There should be 1 pt. Cook the onion in the melted butter until light brown, remove and proceed according to general rule. If the corn is large or tough it may be put through the food chopper before cooking. Soak dried corn over night. Cook until tender and proceed according to rule.

ASPARAGUS SOUP

Remove the tips from freshly cooked or canned asparagus. Press the remainder through a sieve until there is 1 c. pulp and liquid. Make 1 qt. of No. 1½ White Sauce, add the hot asparagus and place a few of the tips in each plate.

SPINACH, CAULIFLOWER, CARROT, ONION SOUPS, ETC.

1 c. vegetable pulp	1 qt. No. White Sauce.
Combine according to rule.	

POTATO SOUP

$1\frac{1}{2}$ c. mashed potatoes.	$\frac{1}{4}$ t. celery salt.
2 T. butter or substitute.	1 T. chopped onion.
2 T. flour.	1 qt. milk.
2 t. salt.	2 t. chopped parsley.
$\frac{1}{4}$ t. pepper.	

Scald the onion with the milk in a double boiler for 10 min., then remove. Proceed according to rule. Add sauce very slowly to the potato, stirring constantly, and add parsley just before serving.

DRIED PEA OR BEAN SOUP

1 c. peas or beans.	3 T. flour.
2 qts. cold water.	$1\frac{1}{2}$ t. salt
2 T. chopped onion.	$\frac{3}{8}$ t. pepper.
$\frac{1}{4}$ lb. fat pork or ham bone.	1 pt. milk.
3 T. butter substitute.	

Look over peas, wash them and soak over night in cold water. Drain, rinse well, add the 2 qts. of cold water, onion, pork or ham bone. Cook several hours, or until soft; then rub through a sieve. (there should be 1 qt.). Make a white sauce of last five ingredients and combine. Other fats may replace pork or it may be omitted and more seasoning used.

BLACK BEAN SOUP

1 c. dried black beans.	$\frac{1}{8}$ t. celery salt.
1 qt. cold water.	$\frac{1}{8}$ t. pepper.
2 T. chopped onion.	$\frac{1}{8}$ t. mustard.
3 T. butter substitute.	2 hard cooked eggs.
3 T. flour.	1 lemon.
2 t. salt.	

Prepare beans and cook with water and onion as in above recipe, adding more water as it boils away so there will be $1\frac{1}{2}$ qts. after straining.

Cook butter, flour, salt, celery salt, pepper, and mustard as for white sauce, add hot liquid, and when it boils serve.

Chop the whites of the eggs, pass the yolks through a sieve and slice the lemon thin, removing the seeds. Put a little of the egg and a slice of lemon in each plate. Eggs may be omitted.

BAKED BEAN SOUP

1 pt. bean pulp.	2 T. butter substitute.
1 pt. water, milk or tomato juice.	2 T. flour.
	Seasoning if required.

If the pulp is very thick and dry use less of it and more liquid. Thin the pulp with liquid and with this pulp make a sauce with the other materials. Seasoning depends upon the amount used in the beans.

POTATO CHOWDER

2 T. flour.	$\frac{1}{4}$ c. minced onion.
2 T. bacon or other fat.	2 c. water.
2 t. or more, salt.	1 pt. potato cubes.
Pepper	1 qt. milk

Wash, peel, and cut potatoes into half inch cubes.

Put potatoes, onion, seasoning, and water into sauce pan and simmer 20 min., or until vegetables are tender. Heat the fat, add flour, cook for an instant and add hot milk one-third at a time. Stir constantly so the mixture will be smooth, and when it reaches boiling point serve. Add more seasoning if necessary. Chopped parsley sprinkled over the top of the chowder makes a pleasing variation.

CORN CHOWDER

Same ingredients as for potato chowder adding 1 can or 1 pt. corn at the end. The potatoes may be decreased one half.

FISH CHOWDER

Same ingredients as for potato chowder using only 1 pt. potato. Skin, bone, and cut one pound of fish into 2-inch pieces and cook in the water with the potatoes.

In all these chowder recipes the onion may be browned in the fat first if this flavor is desired.

Salt Codfish may be used by first soaking in cold water to freshen.

VEGETABLE SOUP

1/3 c. each of diced carrots. turnips, celery, onion.	4 T. butter substitute or savory drippings.
1 1/2 c. potato cubes.	Salt, pepper and parsley if desired.
1 qt. water.	

Wash, scrape carrot and celery, peel turnip, onion and potatoes. Cut into cubes and measure. Mix vegetables (except potatoes) and cook in part of the fat until slightly browned. Stir them constantly. Add water, and let soup simmer until vegetables are partially cooked, then add potatoes. When tender add rest of fat and parsley and season mixture well.

MEAT AND VEGETABLE SOUP

1 1/2 lbs. beef shoulder or other meat.	2c. carrots.
2 c. tomatoes.	1/2 c. barley.
3 qts. water.	1 1/2 T. salt.
1 stalk or small bunch celery.	1/2 t or more pepper.
1/4 to 1/2 c. minced onion.	1 c. flour.

Soak the barley for several hours in just enough water to soften. Put the meat through the grinder using the coarsest knife, add tomatoes, water, barley and onion. When meat is partially cooked add all other ingredients except flour. The carrots and celery may be cut in uniform pieces or put through the grinder. The latter takes much less time but does not look quite so attractive. When the soup has cooked long enough thicken with flour which has been mixed with sufficient cold water to make a smooth liquid thin enough to pour. This makes a thick soup and a very palatable, attractive dish.

Dried celery leaves or celery salt may be used for seasoning if fresh material is not at hand. This will serve sixteen.

USES FOR BREAD

All bread should be utilized. The large pieces may be used for toast, cheese dishes, croutons, soup sticks, meat loaves, bread cases, etc. The white crumbs may be kept especially for omelet, and for thickening pies, white puddings, cheese dishes and croquettes. Stale bread of all kinds, crusts, baking powder biscuits, muffins, fried cakes, etc., can be broken into pieces, dried, run through the meat grinder or crushed fine with the rolling pin, and used in griddle cakes, muffins, yeast bread, steamed spice puddings, and scalloped dishes. Use unsweetened stale, but not dried crumbs for scalloped meat dishes, for stuffing fowls and rolled steak.

Crumbs containing fat will not keep so well as those without. All crumbs should be kept in jar or crock with a piece of muslin tied over the top to prevent entrance of dust. If covered tight the bread will soon become rancid.

STALE CRUMBS

Prepare from stale but undried bread by grating or rubbing two pieces together.

DRIED CRUMBS

Prepare by drying and grinding or crushing with a rolling pin. Sift crumbs. Use the finer ones for croquettes and thickening. Reserve the coarse ones for other purposes. The coarse crumbs may be re-ground if desired.

BUTTERED CRUMBS

Use stale bread. Remove crusts, as these are already browned and would produce an unevenly colored surface.

Use 1 T. butter, butter substitute, drippings or oil for each cupful of crumbs and season with salt and pepper. Melt fat in shallow pan, add crumbs all at once, and toss lightly until evenly coated. Do not press the crumbs, as this makes them heavy. The crumbs are browned when the dish is placed in the oven to cook or re-heat.

CROUTONS AND SOUP STICKS

Cut stale bread into cubes or strips and brown in oven or in contact with flame.

MILK TOAST

Prepare eight slices of toast and 2 c. of white sauce No. 1. Place a layer of toast in the dish and over it pour part of the sauce. Re-heat. If a soft toast is desired dip the bread into hot water before using the sauce.

Variations. Use $1\frac{1}{2}$ c. white sauce and $\frac{1}{2}$ c. strained tomato pulp to which has been added a pinch of soda.

To the white sauce add $\frac{1}{2}$ c. grated cheese, or 3 hard cooked eggs cut into pieces.

EGG TOAST

1 egg.
¼ t. salt.

1 c. milk.
8 small slices bread.

Beat eggs until yolks and whites are well mixed, but not foamy, add salt and milk. Dip bread into the mixture and let it stand until thoroughly saturated but not soft enough to break. Drain well. Place slices in a thoroughly greased broiler and broil over the coals or under the gas flame. Serve hot with butter, or sugar and cinnamon, or syrup, or a sauce. The bread may be sautéed in fat in a frying pan but it is not so wholesome, as the fat is heated to a very high temperature and much of it is absorbed.

STEAMED BREAD

Stale bread may be steamed over water and served as soon as moist and puffed. Slices may be placed in a shallow pan over BOILING water and sufficient salted milk added to come halfway up the bread. Cover and steam until the bread is light and puffy but do not let it remain until it breaks and is soggy. Grated cheese may be added to either of these dishes.

SCALLOPED DISHES

The term "scalloped dish" is supposed to have come from cooking a certain type of mixture in scallop shells.

A scalloped dish is the combination of buttered crumbs and seasoning with uncooked or cooked material, to which may be added a sauce, milk, water or other liquid. These ingredients, arranged according to methods given below, are put into a baking dish and placed in the oven to brown the top layer of crumbs and either to cook or re-heat according to whether main ingredient be uncooked or cooked material.

If main ingredient be cooked, use 3 min. test or a hot oven. If main ingredient be uncooked, use 4 min. test or a less hot oven, and cover during first half of baking time to prevent too rapid browning of crumbs.

Always butter the baking dish and sprinkle with a few of the buttered crumbs to prevent the materials from sticking. Individual dishes will require more crumbs on account of the greater surface.

Method I. Where the material is dry, such as meat, fish, vegetables, etc., it is mixed with a sauce and seasoning, a few crumbs are placed on bottom of dish, the mixture is poured in, covered with the remainder of the crumbs, and baked.

Method II. When the material will furnish its own moisture, as oysters, apples, rhubarb, etc., the ingredients are placed in the dish in two layers. Sprinkle the dish with crumbs, put in one layer of main ingredient, then part of dry seasonings, then one-half the remaining

crumbs, and add the rest of materials in same order. If lemon juice is used or a little liquid to start the cooking process, add before putting on the top layer of crumbs. Water soaked crumbs do not brown readily.

CREAMED MEAT, FISH, VEGETABLES

Cut cooked meat and vegetables into cubes, separate fish into large flakes. To each quart of well-seasoned material allow 1 pint of White Sauce, No. 2 and 3 c. buttered crumbs. Prepare according to Method I and bake about 20 minutes. This amount of sauce is just enough to hold the mixture together; another cupful may be used if desired.

TOMATOES

1 qt. tomatoes.	2 T. sugar.
2 T. finely chopped onion.	2 T. butter.
2 t. salt.	3 c. buttered crumbs.
$\frac{1}{8}$ t. pepper.	

Cook the tomatoes and onions slowly in an uncovered saucepan for 20 min., when there should be one pint of the mixture. Add the seasoning and prepare according to Method I, and bake about 20 min.

CORN

1 pt. or 1 can corn or	$\frac{1}{8}$ t. pepper.
$\frac{2}{3}$ c. dried corn.	2 T. butter.
$\frac{1}{3}$ c. water.	$\frac{1}{3}$ c. milk.
1 t. salt.	2 c. buttered crumbs.

Cook first five ingredients about 15 min. or until thick and the steam bubbles puff up through, stir frequently to prevent burning. Add milk, prepare according to Method I, and bake about 20 min. The evaporation of moisture and thickening of corn readily forms a sauce. Soak dried corn over night and cook in the same water until tender.

OYSTERS

1 solid pt. oysters.	$\frac{3}{4}$ t. salt.
$\frac{1}{16}$ t. cayenne.	3 c. buttered crumbs.

Slip the oysters through the fingers to remove any bits of shell. Prepare according to Method II and bake uncovered about 20 min. or until the oysters turn white, and the gills curl and the crumbs are brown. Oysters cook so quickly that they come under the fat or oven tests for cooked material.

APPLES

1 qt. chopped tart apples.	$\frac{1}{8}$ t. salt.
1 c. brown sugar.	$\frac{1}{2}$ grated lemon rind.
$\frac{1}{2}$ t. cinnamon.	2 T. lemon juice.
$\frac{1}{4}$ t. cloves.	$\frac{1}{3}$ c. water.
$\frac{1}{4}$ t. nutmeg.	1 qt. buttered crumbs.

RHUBARB

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| 1 lb. or 1 solid qt. peeled,
sliced rhubarb. | 1/3 c. stoned raisins. |
| 1 c. brown sugar. | 3 c. buttered crumbs. |

BANANAS

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|--------------------------------|-----------------------|
| 8 bananas, scraped and sliced. | 1/4 c. lemon juice. |
| 1/2 c. sugar. | 1/4 c. water. |
| 1/8 t. salt. | 3 c. buttered crumbs. |

Prepare the last three recipes according to Method II and general rules for uncooked mixtures, baking from $\frac{3}{4}$ to 1 hr. All three make a good accompaniment to roast meats, the banana being especially good with lamb or mutton. These last three scalloped dishes may be made a little sweeter and served with a sauce for a desert.

MEAT COOKERY

GENERAL RULES

In cooking meat one of three results must always be in mind; to extract the juice, to retain the juice, or combine these two results.

To retain the juice the meat is first seared by direct contact with the fire, or by placing it in a hot oven, hot pan or boiling water; then the temperature is lowered. Searing coagulates the albumin on the outside of the meat, and the latter is cooked in its own juice.

To extract the juice, as in making soup, cut or chop the meat fine, exposing as large a surface as possible, and soak in cold water one hour or longer.

To extract some of the juice in the broth and retain the rest in the meat as in making a stew, the pieces are not as small as for soup. They are allowed to remain in cold water only a few minutes and then heated slowly. While the meat is standing and heating the juice is drawn out; but when the water simmers the surface hardens and the remainder of the juice is retained.

STEWES

Stewing is one of the best methods for cooking the tougher cuts of meat, such as the neck, shoulder, and lower part of the leg. If the flavor of browned meat is desired brown part of the material *quickly*, add to the remainder and cook according to directions for beef stew. In all cases keep the fire low, so that the stew will simmer and not boil, as high degree of heat will toughen the fibre. Stews may be flavored with all kinds of highly flavored vegetables, which should be added just in time to become tender. If the stew is to be the main part of the meal, greater food value may be obtained by adding potatoes, rice, barley,

macaroni, or other grain preparations. Dumplings of various types or baking powder biscuit may be served.

REMADE DISHES

Meats which have been cooked need only to be well heated through, prolonged cooking hardens them. All gristle and superfluous fat must be removed, and the meat may be cut into small pieces or chopped fine. Great pains should be taken to have made over dishes attractive in appearance and properly seasoned.

MEAT EXTENDERS

MEAT AND VEGETABLE SOUP—(SEE SOUPS)

BEEF AND MUTTON STEW

1 to 2 lb. beef.	2 t. salt.
2 T. finely chopped onion.	$\frac{1}{4}$ t. pepper.
$\frac{1}{2}$ c. diced turnips.	$\frac{1}{2}$ c. flour mixed with
$\frac{3}{4}$ c. diced carrots.	$\frac{1}{2}$ c. cold water.
2 c. potatoes cut in $\frac{1}{2}$ in.	1 qt. water or 3 c. water and
Slices or cubes.	1 c. tomatoes.

Wipe the meat, remove fat, cut into 1 in. pieces, put aside about one-fourth of the best pieces and put the remainder of the meat into the quart of liquid. Melt the fat in a frying pan, remove the scraps, then brown the onion and remove, adding latter to the stew or discarding, according to taste. Take the meat put aside, roll it in flour and brown quickly in the hot fat; add this to stew, heat until it bubbles and simmer 2-3 hrs., or until the meat is nearly tender; then add the vegetables and seasonings. Mix the flour with the $\frac{1}{2}$ c. cold water, and 10 min. before serving add slowly to the stew, stirring all the time until it thickens. Watch carefully that it does not scorch. Browning part of the meat is purely for flavor and color. This may be omitted.

CHICKEN STEW

5 lb. dressed fowl.	$\frac{1}{2}$ c. flour.
Water.	$\frac{1}{2}$ c. chicken fat and drippings.
2 c. or 1 pt. small onions.	Salt and pepper to taste.
1 pt. can peas.	

Cook fowl until tender, adding onions and carrots the last hour. Remove chicken from bones, keeping the meat in as large pieces as possible. Melt fat if hard or heat liquid fat until practically free from water. Stir in the flour, cook for an instant and add 1 qt. broth, stirring constantly as it thickens. Let the gravy boil for an instant, add other material, re-heat and serve.

ROLLED STEAK

1 lb. top round $\frac{1}{2}$ in. thick.	1 t. minced parsley, if convenient.
1 c. soft stale crumbs.	Salt and pepper.
1 t. minced onion.	$\frac{1}{4}$ c. water or milk
1 T. drippings (melted).	or enough to moisten.

Mix the dressing and spread on the steak, keeping the mixture one inch from the edge to prevent squeezing out. Roll up the steak, tie securely, brown on all sides, put into kettle and surround with the following vegetables

$\frac{1}{4}$ c. each carrots, turnips, celery, and 2 T. chopped onion. Pour in hot water to come halfway up the steak, add salt and pepper, cover kettle tight, and simmer 2 to 3 hours or until tender. The vegetables may be left whole or pressed through a sieve to thicken the gravy. This will make six medium sized portions.

CASSEROLE DISHES

The earthen casserole is well adapted to the "One-piece Dinner" which consists of meat, potatoes and vegetables cooked together in a liquid which is thickened and forms the gravy at the time of serving. This type of dish saves much dish washing, as the meal is cooked and served in the casserole. Any fireproof covered earthen dish, crock, or bean pot, will answer the purpose but attractive casseroles of all sizes and descriptions may be purchased for a comparatively moderate sum.

The cooking may be done in the fireless cooker or a moderate oven. When planning to use the oven for a length of time it is well to utilize the same heat for other dishes to be served at the same meal or some future time. Careful planning along this line saves much fuel and heat, as well as time and energy.

GENERAL DIRECTIONS

Fowl, patridges, pigeons, small birds, beef, veal, rabbits, mutton chops, etc., may be cooked in a similar manner. Fowls, pigeons, rabbits should be disjointed, steaks may be left whole or cut into round, oval or oblong strips. Any kind of fat may be used in the preliminary browning, and any vegetable combination made that seems desirable.

Prepare meat, dip in flour or meal, and brown in a frying pan, if this flavor is liked. (the browning may be omitted). Put meat and vegetables into the dish in layers, or place the meat in the center with vegetables around. Cover the material with **water**, or the liquid used in cooking meat or vegetables. Use onion, bay leaf, **parsley** or any seasoning that blends with the ingredients and appeals to the family taste. Cover the casserole and place in a moderate oven from $1\frac{1}{2}$ to 3 hrs., according to toughness of meat. Dumplings may be cooked on top of the casserole dish the last 15 min. before serving.

MEAT PIES

These may consist of various combinations of meats and vegetables, with seasoning, heated in a gravy or thickened liquid, and covered with a biscuit crust. Put cooked meat and vegetables in layers in a baking dish or mix all materials together. Cover with a thick hot gravy and put on the crust. If latter is in one piece, perforate the center. If the pie is large an inverted cup is sometimes placed in the center of the dish. The gravy will collect under this and prevent the liquid from forcing its way through the crust. Drop biscuit or those which have been patted and cut out may be used for the top of the pie. This is a convenience in serving and also allows plenty of space for the steam to escape during the cooking.

MEAT AND POTATO MIXTURES

GENERAL PROPORTIONS

1 to 2 c. meat.	1 T. minced onion or parsley
2 c. mashed potato.	or both, if desired.
3 T. drippings or butter substitute.	Stock, water, or the water in
Salt and pepper.	which vegetables were cooked.

BROWNE HASH

Use 1 T. fat for greasing the pan or baking dish. Mix the ingredients, using just enough hot liquid to make the mixture hold together. Spread in a frying pan and cook over a moderate heat, so that the hash will brown and form a thick crust and yet not burn (it will take about 20 min.). Fold like an omelet and serve on a hot platter. The same mixture may be made into small cakes and browned in the pan or put into a dish and re-heated and browned in the oven.

SHEPHERDS' PIE

Mix everything except potato, and use only enough liquid to moisten well. Put into a greased baking dish spread with potato, dot with fat, and re-heat and brown in a hot oven. The potato must be light and creamy but not very soft, else the juice from the meat will bubble up through.

SUPRISE POTATO BALLS

Use 1 qt. of seasoned potato to which has been added one beaten egg; be careful not to get the mixture too soft. Dampen the palm of the hand and flatten out some of the potato, making a large circle with a depression in the center. Put a little of the meat in the depression and bring the edges of the potato together, making a ball with the meat inside. Brush heavily with drippings or other fat, roll in fine dried crumbs and re-heat and brown in hot oven. These balls may be covered with egg and crumbs and cooked in deep fat. Makes ten balls.

OTHER VARIATIONS

Use the potato and egg mixture, form into balls, make a depression in the center, re-heat and brown in a hot oven and fill with creamed meat, fish, eggs, or vegetables. The potato might form a border around a platter or be put through a pastry bag and tube with the creamed material in the center.

Into a baking dish or casserole put alternate layers of chopped or ground meat and chopped or mashed potato. Pour tomato sauce or gravy over each layer of meat. Cover with buttered crumbs, re-heat and brown.

Cooked macaroni, spaghetti, rice, hominy grits, cream of wheat, etc., may be substituted for potato in many of these recipes, and fish may be used for the meat.

MEAT WITH MACARONI OR SPAGHETTI OR RICE

2 c. well seasoned meat.

2 c. macaroni or 1 c. rice cooked in salted water (this will make 4 c. cooked).

3 c. thickened tomatoes (strained or unstrained).

Chop the meat as fine as hamburger steak, mix ingredients, and serve very hot. If the meat is uncooked it may be tossed about in a pan a few minutes or added unbrowned to the other materials, and the dish placed in the oven for half an hour. There are countless variations of the above ingredients, and the housekeeper may evolve a dozen recipes by adding different seasonings to the three materials given.

SUGGESTIONS

Add $\frac{1}{2}$ c. chopped onion or 2 green peppers, or both.

Add 1 T. curry powder or less.

Add Chili powder to taste (made from Chili pepper).

Use savory fat in making tomato sauce (fat which has been tried out in a double boiler and mixed with thyme, onion, or other seasonings.)

Sprinkle $\frac{1}{2}$ to 1 c. grated cheese on top of the dish.

STEAMED POTATO OR RICE AND MEAT MOLD

Use twice as much potato or rice as meat. Brush a bowl or mold very heavily with fat and line with potato or rice pressing it firmly against the sides. If the spoon is dipped into cold water before pressing the material the latter is not so apt to stick to spoon. Fill the center with well seasoned, slightly moist meat and cover with potato or rice. Cover mold and steam $\frac{1}{2}$ hour to re-heat. Turn out the form and pour tomato sauce around and not over it. The mold may be in a pan of boiling water in the oven, or heated in a kettle of water directly over the flame. In this case put a rack perforated pan, or several folds of paper on the bottom of the kettle to prevent the mold from bumping.

SURPRISE CABBAGE

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| 1 c. chopped raw mutton or
other meat. | 2 t. salt, $\frac{1}{4}$ t. pepper. |
| 2 T. fat. | Onion or herbs if desired. |
| $\frac{1}{3}$ c. raw rice. | 1 head of cabbage (large leaves). |

Separate cabbage leaves, and throw into boiling water and cook a few minutes until the leaves have wilted and will roll without breaking. Mix the remaining materials and allow 1 rounding teaspoonful for each leaf. Put the mixture in the center of the leaf, fold over the sides, roll up and fasten with toothpicks. Pack in dish, cover with water or liquid from vegetables, and bake in oven or simmer over the fire $1\frac{1}{2}$ hours. If spiced meat or sausage is used the seasoning may be omitted.

MEAT ROLLS AND TURNOVERS

Small quantities of mutton, beef, chicken or ham may be utilized for these. The meat should be well seasoned and moist enough to form into rolls about the size of the finger, or oval cakes. Make a short cake dough, roll out thin and cut into strips, or circles about the size of a large saucer. Place the rolls on the strips or the ovals on the circles. Moisten the edges of the dough so they will stick together, fold the paste over the meat and pinch. The meat should be entirely covered. Bake 20 to 30 min. in a hot oven and serve as soon as done.

Farmers' Bulletin 391—Economical Use of Meat in the Home.

CORN-MEAL MUSH WITH MEAT

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| 1 lb. lean meat. | $\frac{1}{2}$ t. sage with pork. |
| 1 c. meal. | Water. |
| 1 t. salt or more. | |

Simmer the meat until very tender. Cut fine or chop. Reduce the broth to 1 qt. or add water to make this amount, see that it is very well seasoned. To the boiling broth very slowly add the meal, stirring all the time. Cook directly over the fire until thick and the steam bubbles puff up through. Finish in double boiler or fireless cooker. Add the meat, pour into greased bread tins, and cool. Cut into slices and brown. Odds and ends of cooked meats may be combined for this dish and the broth may be made from bouillon cubes or the water in which vegetables have been cooked.

Farmers' Bulletin 365. "Corn-Meal as a Food and Ways of Using it."

MEAT SUBSTITUTES

FISH CHOWDER—(SEE SOUPS)

Substitute fish for meat in many of the recipes for "Meat Extenders."

SALT FISH DINNER

(Codfish, Mackerel, Finnan Haddie or Smoked Halibut)

Soak in cold water to remove some of the salt. Place in cold water, heat gradually, and cook below boiling point until fish is tender. Place fish on a hot platter and over it pour 1 pt. white sauce. Place boiled potatoes at one end and boiled beets or carrots at the other. Season the vegetables with salt, pepper, and butter or substitute.

CREAMED FISH

2 c. flaked fish. 1 to 1½ c. medium white sauce.

Combine materials and serve with potatoes, rice, on toast, in bread, or hominy cases. Two hard-cooked eggs cut in cubes and chopped parsley make pleasing additions. This serves six.

CODFISH BALLS

1 c. salt codfish.	Salt if needed.
2½ c. potatoes.	1 T. butter or substitute.
⅛ t. pepper.	1 egg.

If fish is very dry and salt, soak in cold water for several hours, otherwise just wash in cold water and separate into small pieces. Wash, pare and slice potatoes, and cook in boiling water, when they are nearly done, add the fish. When the potatoes are cooked, drain the mixture very thoroughly and shake over the fire until dry and the potatoes look mealy. Mash with wire potato masher, add the butter, pepper, and more salt if needed. When partially cool, add as much of the beaten egg as necessary to make the mixture soft and creamy and yet retain its shape when formed into balls. Take up the mixture by spoonfuls, mould slightly, and slip into the fat.

Or shape into balls and roll in flour or meal.

Or egg and crumb before frying.

1 c. of cold cooked fish may be mixed with the warm mashed potatoes instead of using the salt codfish. This mixture may be baked in a rather hot oven, or browned in a frying pan. This makes eight croquettes.

EGGS

TESTS FOR FRESHNESS

If fresh, they will sink to the bottom of a pan of water; a stale egg will rise. The shell of a freshly laid egg is slightly rough. In a dark room hold the egg between the eye and a lighted candle; dark spots are an indication of deterioration.

Eggs should always be washed before using. If the whites only are used the yolks may be kept from hardening by covering with water

if unbroken, or with paraffin paper or several thicknesses of cheesecloth wet in cold water and pressed firmly over the top of cup or bowl.

POACHED EGGS

Serve on toast or in rice or potato nests with cheese or tomato sauce.

HARD COOKED EGGS

Cut four eggs into eights and mix with 1 c. medium white or tomato sauce.

Combine eggs with macaroni and white sauce. Use 4 eggs, 1½ c. sauce and 2 c. cooked macaroni. Rice may be used, also buttered crumbs for the top. ½ to 1 pt. oysters may be partially cooked and substituted for eggs.

DAISY EGGS

6 eggs, 1 c. thick white sauce, 8 slices of bread. Cut the bread pointed at one end to represent a daisy petal, and toast. Sprinkle yolks with salt and pepper and press through a sieve. Chop whites fine and add to sauce. Place toast in a circle with points out and cover with sauce, being careful it does not run off. Pile yolks in center and place parsley between each petal. Square pieces of toast may be used, the white mixture put on top and the yolks sprinkled over this. Boiled rice or cold cereal sliced and browned may be used for a foundation.

OMELETS

WHITE SAUCE OMELET

2 T. each of butter substitute	1 c. milk.
and flour.	4 eggs.
½ t. salt and ¼ t. pepper.	

Heat fat until it bubbles, add flour and seasoning and cook for an instant. Add milk, and stir until it reaches boiling point; remove and cool. Add yolks of eggs and then cut and fold in the stiffly beaten whites. Pour the mixture into a greased frying pan and cook over moderate heat until set. Fold omelet over, rolling at right angles to the pan handle; turn out on a hot platter, and serve. This omelet is more tender than when no sauce is used and a little harder to fold. The mixture may be baked in a moderate oven and served from the dish. (time 20 to 30 min.).

Variations—Mix chopped parsley with sauce. Before folding spread one-half with creamed meat, fish, chopped ham, cheese, asparagus or other vegetable. This serves six.

BREAD CRUMB OMELET

$\frac{1}{2}$ c. milk.	Pepper.
$\frac{1}{2}$ c. stale bread.	1 T. butter.
$\frac{3}{4}$ t. salt.	3 eggs.

Soak bread crumbs in milk 15 min. add yolks and seasoning, and fold in the whites. Melt fat in frying pan and pour in the mixture. Cook slowly until under part is brown then set in the oven for a few minutes to dry the top. Fold and serve on a hot platter.

$\frac{1}{2}$ c. cold rice may be used in place of cereal, although this will make a little firmer omelet. This makes four to six portions.

CHEESE

Cheese is rich in protein and fat and this fact should be kept in mind when planning meals. There is another point to be considered in combining cheese with other foods. Whether raw or cooked it is in rather compact form and seems to demand crusty rolls, toast, crackers, macaroni and such substances which call for thorough mastication and separation of the food particles.

CHEESE DISHES AND THEIR PREPARATION

For convenience they might be grouped as follows:

1. Cheese dishes which may serve as main part of the meal.
2. Cheese additions to soup and vegetables.
3. Cheese salads, sandwiches and similar dishes.
4. Cheese pastry, sweets, etc.

Variety may be obtained in recipes by change of flavorings. Among the best flavorings are onion, chives, and the ordinary green pepper, mustard, curry powder, and Chili powder.

In preparing cheese it is more convenient to use a coarse grater having slits instead of holes. This really shaves the cheese, and this is an advantage as the greater does not become clogged. For rarebits and all dishes where the cheese should melt quickly and evenly, it may be chopped or sliced thin.

As cheese is rich in protein and fat little or no fat and water or skimmed milk may be used in many recipes which call for a large amount of cheese.

Approximately, one ounce of cheese is equivalent to 1 egg, to a glass of milk, or 2 oz. of meat.

Farmer's Bulletin 487—"Cheese and Its Economical Use in the Diet."

CHEESE PUFF

8 slices of bread.	$\frac{1}{2}$ t. salt or more.
3 c. milk.	$\frac{1}{2}$ lb. cheese.
1 egg.	

Beat the egg; add the salt and milk. Put two layers of bread and sliced cheese into a dish, and over them pour the milk mixture. Cook 20 to 30 min. in a moderately hot oven or until the liquid has been absorbed and the mixture puffed. Serve at once. This serves eight.

CHEESE FONDUE

1 $\frac{1}{3}$ c. soft, stale crumbs.	1/3 lb. cheese, or
1 $\frac{1}{2}$ c. milk.	1 c. cut in bits.
$\frac{1}{2}$ t. salt or more salt.	3 eggs.

Scald the milk, add crumbs, cover and let stand five minutes. Add the salt, cheese and beaten yolk. Mix well and cut in the stiffly beaten white of egg. Pour into a greased baking dish and cook 20 min. in a moderate oven. If the crumbs are very stale, a little more milk may be required.

1 c. cooked rice or other cereal may be substituted for the bread crumbs.

WELSH RABBIT

1 T. butter substitute	$\frac{1}{2}$ t. mustard.
$\frac{1}{2}$ lb. cheese.	spk. cayenne.
$\frac{1}{4}$ c. milk.	1 egg.
$\frac{1}{2}$ t. salt.	

Beat the egg, add the dry seasonings and mix well. Put the butter into a double boiler or chafing dish, when melted add the milk and cheese and stir constantly. When melted and smooth add the egg mixture, stir constantly, and cook until the latter thickens. Serve on bread which has been toasted on one side only, placing untoasted side up.

1 c. cooked rice may be added for a change. This makes eight portions.

OYSTER RAREBIT

Same ingredients as above, using 1 solid c. oysters and substituting oyster juice for milk. Remove tough muscle from oysters, clean, par-boil, and drain, reserving liquor. Proceed as in above recipe, adding oysters just before serving. Serve on toast or crackers.

TOMATO RAREBIT

2 T. butter substitute.	$\frac{1}{8}$ t. soda.
2 T. flour.	2 c. grated cheese or
$\frac{1}{2}$ c. thin cream.	1 $\frac{1}{2}$ c. cut into cubes.
$\frac{1}{2}$ c. stewed and	$\frac{1}{2}$ t. salt.
strained tomatoes.	$\frac{1}{2}$ t. mustard.
2 eggs.	Spk. cayenne.

Mix last four ingredients and add soda to tomatoes. Make a white sauce of first three ingredients, add tomatoes and cheese and stir all

the time. When latter is melted add egg mixture, cooking and stirring until latter thickens. Serve on toast or crackers.

CORN AND CHEESE SOUFFLE

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| 1 T. butter substitute. | 1 c. chopped corn. |
| 1 T. chopped green pepper. | 1 c. cheese. |
| $\frac{1}{4}$ c. flour. | $\frac{1}{2}$ t. salt. |
| 2 c. milk. | 3 eggs. |

Melt fat and in it cook the pepper. Make a sauce out of the flour and milk. Add cheese, corn, seasoning, and yolks. Cut in the beaten whites, turn into a buttered baking dish, and cook 30 to 40 min. in a moderate oven.

Made of skimmed milk this dish has a food value slightly in excess of a pound of beef and a pound of potatoes.

Farmers' Bulletin 487.

NUT AND CHEESE ROAST

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| 1 T. butter substitute. | 1 c. bread crumbs. |
| 2 T. chopped onion. | 1 c. chopped nuts. |
| Salt and pepper. | 1 c. cheese. |
| 2 t. lemon juice or vinegar. | |

Cook onion in butter and a little water until tender. Mix all ingredients and add enough water to moisten. Pour into a shallow dish, and bake and brown.

Farmers' Bulletin 487.

COTTAGE CHEESE

Take freshly set sour milk or clabber and stir well to liberate the whey. Put the milk into a bag, tie, hang up and let drip five or six hours. Put the bag under the faucet and let the cold water run over the cheese to wash away any whey which clings to the curd, as this is the acid part. Hang up the bag for a few minutes, then squeeze gently to remove the water. Put the cheese into bowl, season with salt and mix with a little cream or melted butter if desired. Shape into balls or mould and keep in a cold place. The milk may be heated slowly in a double boiler until the whey rises to the top, the latter poured off and the curd drained as above. The curd is much harder and dryer prepared this way. Fancy perforated moulds may be used in place of the bag.

MACARONI AND CHEESE

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| 1 c. macaroni (2 c. cooked). | $\frac{1}{2}$ to 1 c. grated cheese. |
| 1 c. sauce No. II. | 1 c. buttered crumbs. |

Break macaroni into inch pieces, cook in boiling, salted water and stir occasionally at first to prevent sticking to the bottom of the kettle. When tender enough so a fork or spoon will cut through the macaroni

without the slightest resistance, turn into a colander or sieve and let cold water run through it to prevent the pieces from adhering to each other. Make a white sauce, add the cheese and macaroni, mix well, pour into buttered dish, cover with the crumbs and place in the oven to re-heat mixture and brown crumbs. The crumbs may be omitted and small pieces of cheese sprinkled over the surface. The macaroni and cheese may be put into the dish in layers and hot milk poured over the mixture.

2 c. cooked spaghetti, rice, big hominy, hominy grits or other mild flavored grain may be substituted for the macaroni, and tomato sauce for the white sauce. This makes six to eight portions.

SANISH RICE No. I

1 c. rice.	2 T. butter substitute.
3 green peppers, or less, cut fine.	1 pt. well seasoned tomatoes.
½ c. chopped onion.	

Cook rice in boiling salted water 15 min. Melt fat and in it brown the onions and pepper. Add tomato and rice and bake in a moderate oven 1 hour. For variety add ¼ lb. cheese.

SPANISH RICE No. II

3 c. boiled rice.	1½ c. fried onion.
2 c. well seasoned stewed tomatoes.	1 c. cheese.

Put the ingredients into dish in layers, having rice on top. If preferred the ingredients may be well mixed and whole covered with buttered crumbs. Put into the oven to re-heat mixture and brown crumbs.

ROMAN GNOCCHI

¼ c. fat.	2 egg yolks.
¼ c. flour.	¾ c. cheese.
¼ c. cornstarch.	Salt.
1 pt. milk.	

Make a white sauce of first four ingredients. Pour a little of this into the stirred yolks and stir this into the sauce very quickly. Add the cheese and stir until it melts. Pour into a greased shallow pan and cool. Cut into squares; place them in a baking dish; sprinkle with remainder of cheese and brown in a hot oven.

SCALLOPED VEGETABLES AND CHEESE

Cooked potatoes, cabbage, cauliflower, or onions. Use half as much medium white sauce as vegetable, and allow ½ c. cheese for each pint of sauce. Combine materials, cover with crumbs and re-heat and brown.

FRIED ONIONS AND CHEESE

Allow 1 c. sliced onion and $\frac{1}{4}$ c. cheese for each person. Fry onions, add cheese and stir constantly until it is melted.

CHEESE STRAWS

1 T. butter.	$\frac{1}{4}$ t. salt.
$\frac{2}{3}$ c. flour.	$\frac{1}{8}$ t. pepper.
1 c. fresh bread crumbs.	Spk. cayenne.
1 c. grated cheese.	2 T. milk.

Mix the flour, crumbs, cheese, and seasoning. Cream the butter, add the mixed material, then the milk. Work together thoroughly to form a stiff paste; do not add any more milk. Roll $\frac{1}{4}$ in. thick and cut in narrow strips. Bake until a golden brown (5 min. oven test). Makes 2 doz. straws.

RECIPES FOR USING LEGUMES

(*Beans, Peas, Lentils, Peanuts*)

BOSTON BAKED BEANS

1 pt. pea beans.	$\frac{1}{2}$ t. mustard.
1 to 2 t. salt.	$\frac{1}{4}$ t. pepper (scant).
2 T. molasses.	$\frac{1}{2}$ lb. salt pork.

Pick over beans, cover with cold water, and soak overnight. Drain, cover with cold water, add a pinch of soda, bring to the boiling point and parboil 20 min., or until the skins slip off easily. Drain. Scrape and scald pork rind and cut through the rind every half inch. Mix the molasses and seasoning with a little boiling water.

Put the beans into the bean pot or crock and bury the pork all except the rind. Add liquid and sufficient boiling water to cover the beans. Cover the crock and bake slowly for six or eight hours. Uncover during the last hour, so that the pork rind may become crisp. While the beans are baking more water may have to be added.

Some people like the flavor of a little minced onion and some tomato cooked with the beans. Oils and other fats may be substituted for the pork but will not give quite the same flavor. Other varieties of beans as well as dried peas may be prepared in the same manner. The beans may be baked in a shallow pan and the molasses omitted. These beans are drier and more broken than the others. This serves twelve.

LOAF—(*Any of the Legumes*)

1 pt. cooked beans, etc.	Water, tomato juice or
1 pt. stale crumbs.	other liquid.
1 T. or more, onion.	1 egg.

Combine ingredients adding sufficient liquid to hold the mixture together. Put into a greased pan and bake about 30 min.

PEANUT LOAF

- 1 c. chopped nuts. 1 egg.
 1 pt. well seasoned mashed potato. $\frac{1}{2}$ c. milk.
 1 T. onion or parsley, if liked.

Combine ingredients and put into pan. Bake about 20 min. More peanuts may be used. Six portions.

HOT BEAN CUSTARD

- 1 c. bean pulp. 1 c. milk.
 Any seasoning desired. 2 eggs.

Beat eggs until mixed but not foamy; add milk and gradually add this to the pulp of beans which have been pressed through a sieve. The mixture must be quite highly seasoned or it is insipid. Pour into greased dish and set in a pan of luke-warm water, which should come as high on the outside of the moulds as the mixture is inside. See that the water does not boil, or the custard will over cook.

Test—A clean, dry knife inserted gently in the center should come out without anything adhering to it if the custard is cooked. It will take about 25 min. for small moulds. Turn out on a platter and place well seasoned macaroni around the custard. Tomato sauce may be served with the dish.

POLENTA

- 4 c. white cooked beans. Salt and pepper.
 $1\frac{1}{2}$ T. molasses. 2 t. vinegar.
 $\frac{1}{4}$ t. mustard.

Mash the beans and mix with the other ingredients. Form into cakes and brown on both sides.

MEXICAN FRIJOLES (*Mexican Beans*)

- 1 pt. beans (or use kidney beans). $\frac{1}{4}$ c. minced onion.
 2 T. lard. 5 green Chilies.
 1 tomato or $\frac{1}{2}$ c. solid pulp. 1 t. Chili powder.
 1 t. salt.

After cooking the beans should measure 3 pts. Melt the fat in a frying pan, add part of the beans and mash just a few; repeat. Cook the other ingredients just long enough to make a paste. Turn the beans into serving dish and spread the sauce over the beans before serving. The materials should be unevenly mixed. This serves twelve.

KIDNEY BEAN STEW

- 1 c. beans. 1 pt. water.
 $\frac{1}{4}$ c. celery or $\frac{1}{4}$ t. 2 T. drippings.
 Celery salt. 1 pt. diced potatoes.
 $\frac{1}{4}$ c. onions. 1 T. salt.
 1 pt. tomatoes.

Soak the beans overnight, cut celery into half inch pieces, chop onion. Put the ingredients into a kettle and simmer 3 or 4 hours. Half an hour before serving add the fat and more seasoning if necessary. There should be very little liquid at the end, if there is, thicken it a little. Canned beans may used; in this case use only 1 c. water.

BEAN SALADS

Beans of all kinds make very acceptable salads if well seasoned. Celery, onion, and pimientos are flavors which blend well with the beans. If fresh celery is not convenient, celery seed may be used.

BEAN SOUP (*See Soups*)

BATTERS AND DOUGHS

FLOUR MIXTURES

Flour—Use a flour containing a large percentage of gluten for all yeast work, as this will make a larger loaf because of the elasticity of the gluten. Use a Winter wheat or pastry flour for all other batters and doughs. Bread can be made from a soft flour but requires different handling. To convert a strong bread flour into a soft flour for cake and pastry work, substitute 2 T. cornstarch for two T. flour in every cupful used. Always measure flour after sifting, as this will make a great difference in the results. It is well to keep a jar of sifted flour on hand in order to save time.

Fat—Butter, butter substitutes, drippings, hardened vegetable fats, and oils may be used. Since butter is about 85 percent fat and the hardened vegetable fats, and oils are approximately 100 percent, use 2 T. less to the cupful when these are substituted for butter. Clarified chicken fat contains about the same amount of water as butter, and therefore may replace the latter, cupful for cupful. Thin cream is equivalent to $\frac{1}{4}$ c. fat and $\frac{3}{4}$ c. milk. Whipping cream (40 percent) is equivalent to a scant $\frac{1}{2}$ c. fat and full $\frac{1}{2}$ c. milk. For each cupful of nuts used decrease the fat $1\frac{1}{2}$ T. When unsalted fats are used allow 1 t. salt for each cupful.

Sweetening—This material may be sugar, brown sugar, molasses, honey, corn syrup. It takes approximately $1\frac{1}{3}$ c. of powdered or brown sugar lightly measured to replace 1 c. granulated sugar. 1 c. molasses sweetens about as much as $\frac{3}{4}$ c. sugar; 1 c. corn syrup would be equivalent to a little more than $\frac{1}{2}$ c. sugar. For this reason when the last two are used recipes often call for a little sugar to give the sweet taste to which we are accustomed. When the syrups are substituted for sugar use a little less liquid.

Liquids—Skimmed milk contains some solid material, therefore when substituting water use 2 T. less for each cupful. If sour milk is

used to replace sweet milk use $\frac{1}{2}$ t. soda for each cupful of milk. $\frac{1}{2}$ t. soda will replace approximately $1\frac{1}{2}$ t. baking powder. For sour cream see discussion of fats.

Leavening Agents—Sour milk, molasses, fruit, and chocolate all contain acid substitutes. Use $\frac{1}{2}$ t. soda for each cupful of sour milk; 1 t. for each cupful of molasses; 1 t. soda to approximately $2\frac{1}{2}$ t. of cream of tartar; 1 t. soda with the proper acid to replace approximately 3 t. baking powder. Use 1 t. baking powder for each cupful of flour when eggs are utilized; use 2 t. when none are used. When buckwheat, cornmeal, barley meal, etc., are substituted for flour, increase the baking powder a trifle. When eggs are omitted from a recipe increase the baking powder about $\frac{1}{2}$ t. for each egg. If more soda is used in a flour mixture than is needed to offset the acid, a yellow color and peculiar taste results. The excess of soda will combine with fat to give a pungent, biting flavor.

Eggs—Eggs thin a mixture when raw and thicken when cooked. Too intense heat will toughen eggs; therefore sponge cakes especially require a moderate oven.

APPROXIMATE PROPORTIONS FOR BATTERS AND DOUGHS

- 1 c. liquid to 1 c. flour makes a batter that will pour from a spoon.
- 1 c. liquid to 2 c. flour makes a batter that will drop from a spoon.
- 1 c. liquid to 3 c. flour makes a soft dough that can be handled.
- 1 c. liquid to 4 c. flour makes a stiff dough that can be rolled.

GENERAL RULES

Flours vary in the amount of moisture which they require so that the consistency of batters or mixtures containing leavening agents, sugar, etc., should always be regulated by leaving out or adding liquid, never by varying the flour, because this makes all the other dry materials wrong, as these are proportionate to the flour used.

Mix and sift the dry ingredients. Beat the eggs without separating, and add part of the milk to them. Make a hollow or well in the center of the dry mixture, add the liquid slowly gradually working in the flour, and keep the same consistency all the way through the process. Always reserve a little of the milk until sure it will be needed. When a flaky texture is desired as in baking-powder biscuits, always cut the fat into the flower, otherwise melt it and add at the last.

Arrange the fire, dishes for mixing, pans for baking and measure everything before beginning to put the material together. Work quickly, mix thoroughly, and bake at once all mixtures containing baking powders, or other leavening agents. In a coal range, bake first on the floor of the oven and then put the biscuit, etc., on the shelf to brown; in a gas range, bake in the center of the oven.

POPOVERS

2 c. flour (part white, part entire wheat or rye).	2 eggs.
$\frac{1}{2}$ t. salt.	2 c. milk.

Use iron gem pans or earthen cups for baking, and place them in the oven to heat while mixing the ingredients. Grease cups after heating. Mix the materials according to rule and beat hard with an egg beater just before pouring into the cups, which should not be over half full. Put immediately into a very hot oven and bake 30 to 45 min. Lower the heat during the last half of the baking. The secret of good popovers is in having hot cups, a hot oven, and not opening the door for 10 min., as most of the puffing is due to change of moisture into steam. This makes nine to ten popovers.

GRIDDLE CAKES

2 c. flour.	1 egg.
$\frac{1}{2}$ t. salt.	1 to 2 T. fat (melted).
3 t. baking powder.	$1\frac{1}{2}$ c. milk, or milk and water.

Mix according to rule and cook at once. *Do not* beat the mixture each time before baking as this drives off the gas formed from the baking powder. Part rye or entire wheat flour may be used. Sour milk may be used substituting $\frac{3}{4}$ t. soda for baking powder. If the sour milk cakes are made a little thicker, they are very good without the fat. $\frac{1}{2}$ to 1 c. cooked rice may be softened in the milk. (With these cakes use 4 t. baking powder.)

The griddle or waffle iron should be heated slowly and be hot enough to evaporate instantly water sprinkled on it. Put a piece of hard fat on a fork and grease irons well but do not leave little pools of fat to burn and smoke. Pour batter upon the griddle from the end of a spoon or a pitcher in order to make round cakes. As soon as the bubbles begin to appear all over, but before they break through the surface, turn the cakes. Turn but once, otherwise they will be heavy.

WAFFLES

Use the griddle cake mixture with 2 eggs. Separate eggs; beat whites stiff and cut into the batter the last thing. Do not fill the iron more than half full, or the batter will run out. Cook one minute on each side and keep turning until the waffles are crisp.

BREAD GRIDDLE CAKES

$1\frac{1}{2}$ c. fine stale crumbs.	1 egg.
$1\frac{1}{2}$ c. milk.	$\frac{1}{2}$ c. flour.
1 to 2 T. fat.	2 t. baking powder.
$\frac{1}{2}$ t. salt.	

Heat the milk, put in the bread and fat, cover, and let stand 15 min., or until the bread is soft. Mash well or press through a coarse sieve. Add the beaten eggs and pour the mixture into the dry ingredients which have been sifted together.

CORN MEAL CAKES

$\frac{1}{4}$ c. meal.	$\frac{1}{2}$ t. salt.
2 c. liquid.	2 t. baking powder.
1 egg.	$\frac{3}{4}$ c. flour.

Heat milk in double boiler, add the meal, and cook 5 min. When cool add the beaten egg, and combine mixtures.

MUFFINS—(*Standard Proportions*)

2 c. flour.	1 egg.
1 t. salt.	1 c. milk. (?)
4 t. baking powder.	$\frac{1}{4}$ T. fat (melted)

Use sufficient liquid to make a very soft drop batter, almost a pour batter. Bake 20 to 25 min. in a moderate oven.

Variations—Substitute $\frac{3}{4}$ c. cooked barley, rice, oatmeal, hominy grits, or dried crumbs for $\frac{3}{4}$ c. of the flour. These muffins will be a little more moist after baking than the wheat muffins.

Omit the egg, use 5 t. baking powder and $\frac{3}{4}$ to 1 c. corn meal, rye meal, crushed rolled oats, etc. Put materials together very quickly, and place in the oven at once. This mixture may be baked in a shallow pan and cut into squares. The corn meal mixture is especially nice when crusty. Sour milk and soda may also be utilized. Ten to twelve muffins.

BRAN MUFFINS

$1\frac{1}{2}$ c. bran.	1 egg.
$1\frac{1}{3}$ c. flour.	$\frac{1}{4}$ c. molasses.
2 t. salt.	1 c. sour milk.
$\frac{3}{4}$ t. soda.	

Sift the soda and salt with the flour, and mix thoroughly with the bran. Mix egg with molasses and pour into the center of the dry ingredients. As you begin to mix the materials, pour in the milk rapidly. This mixture must be a drop batter and look spongy when put into the pans. The egg may be omitted and the batter made a trifle thicker. Bake 40 min. in a moderate oven. One dozen muffins.

BROWN BREAD

2 c. rye meal.	1 t. salt.
1 c. yellow cornmeal.	$\frac{1}{2}$ c. molasses.
$\frac{1}{2}$ T. soda.	1 pt. sour milk.

Mix the meals but do not sift as this removes the bran. Sift soda and salt together to remove any lumps and blend thoroughly with the meals. Make a well in the center, pour in the molasses and rapidly add the milk, mixing the ingredients quickly. (Soft drop batter). Fill well greased molds $\frac{2}{3}$ full and steam 4 hours. This may be baked in muffin tins 45 min.

SPOON BREAD

1 c. soft white or Southern meal.	1 c. boiling water.
1 T. sweetening.	2 eggs.
2 t. salt.	1 c. sour milk.
2 T. fat.	$\frac{1}{2}$ t. soda.

Put the first four ingredients into a bowl and over them pour the boiling water. When cooled add the beaten eggs and milk. Dissolve the soda in 1 T. cold water, add to the mixture and beat in quickly and thoroughly. Bake 30 min. in a moderate oven. Sweet milk and 2 t. baking powder may be used, sprinkling the powder over the top and beating well. Half a cupful of cooked rice or hominy grits may be added to the dish.

FRITTERS

2c flour.	1 c. milk. (?)
2 t. baking powder.	2 T. fat.
1 egg.	1 c. chopped clams, apple or corn.

This is really a fried muffin mixture made a little stiffer than for baking. Drain clams well, remove black portion, chop fine. Add the last thing and use a scant amount of salt in the batter. The mixture should be rather a thick drop batter. Drop into hot fat which will brown a piece of stale bread in 1 min. When cooked, a fork or knitting needle stuck into the fritter should come out clean.

Fat for frying may be lard, suet, the various cottonseed products, corn or peanut oil. A mixture of hard and soft fats, such as chicken and suet, makes a good combination. Lard and suet smoke and decompose at a much lower temperature than the cottonseed products, and much more of the former is absorbed in cooking. Care in heating and clarifying also determines the number of times fat can be used.

Tests for Hot Fat—Materials already cooked or requiring little cooking need hotter fat than those which are uncooked. When a cube of bread browns in 60 seconds the fat is right for batters. Use a forty second test for articles to be re-heated and browned. Use a 20 second test for fried potatoes or cold wet, re-cooked foods, particularly if prepared in large amounts, as they cool the fat considerably.

BISCUITS—(*Standard Proportions*)

2 c. flour.	2 to 4 T. fat.
1 t. salt.	$\frac{3}{4}$ c. milk or water. (?)
4 t. baking powder.	

Work the fat into the dry ingredients. Add the liquid steadily, trying not to moisten the same portion twice. Toss out onto a floured board and pat or roll out gently. Cut into rounds and moisten the top with milk or fat to help brown. Bake 12 to 15 min. in a hot oven.

VARIATIONS

SHORT CAKE

Use the full amount of fat. Roll thin making the shape of the pan, or cut into large circles if for individual cakes. Bake, split, and butter, spread with fruit and sprinkle with sugar.

FRUIT ROLLS

Roll dough half an inch thick keeping it oblong in shape. Spread with butter substitute, but do not go too near the edges, lest it will squeeze out. Sprinkle with brown sugar, cinnamon and any dried fruit. Beginning the narrow way roll up like a jelly roll. Cut off slice 1 in. thick, place in muffin tins or in a round cake tin with the cut surfaces up and down. Bake 15 to 20 min., depending upon the size of rolls and closeness together in pan.

EGG ROLLS

Use one beaten egg and less liquid. Cut into long narrow strips.

BAKED APPLE DUMPLING

Roll the dough as thin as for pie crust and cut into four or five inch squares. In the center of each, place sliced apple and sprinkle with sugar, and cinnamon or nutmeg and a speck of salt. Fold the corners together, pinching the edges to prevent juice from escaping. The edges may be moistened with water. Bake about 20 min. and serve with liquid sauce.

DROP OR EMERGENCY BISCUIT

Make the mixture a little softer and drop on greased tins allowing room to spread. These also make a good eggless muffin.

APPLE CAKE

Use 1 egg and sufficient milk to make a stiff drop batter. Spread in a greased pan, and press the sharp edges of sliced apples down into

the batter. Sprinkle with cinnamon and brown sugar, and bake 20 to 30 min. Eat with butter or serve with a sauce.

Currents, raisins, or chopped cooked orange peel may be mixed with the dough.

$\frac{3}{4}$ c. corn meal, rolled oats, or mashed potato may be substituted for that amount of flour. All three of these are a little more compact than the all flour mixture and should stand five minutes before going into the oven. They should begin to rise a little before baking.

STEAMED DUMPLINGS

Use 2 T. fat and 2 t. baking powder. Cut over into biscuit shape, or drop by spoonfuls on top of a stew, or steam over water. Keep closely covered or the dumplings will fall.

BAKING POWDER BREADS

Use 2 t. baking powder and 1 T. or no fat. Make a drop batter and put into a bread tin. Let the mixture stand 15 min. before baking. Bake about 45 min. in a moderate oven. $\frac{1}{2}$ c. sweetening and chopped orange peel or other fruit may be added if desired. Chopped nuts make a pleasing change. Part rye flour may be used, or all graham flour. Sour milk may be substituted for sweet milk, using $\frac{1}{2}$ t. soda for each cupful milk.

SPICE CAKE

Add $\frac{1}{4}$ c. molasses, $\frac{1}{4}$ c. sugar, 1 t. cinnamon, $\frac{1}{2}$ t. cloves, and use the full amount of fat. Make a soft drop batter and bake in small tins. Work very quickly and get the mixture into the oven at once.

CAKES AND COOKIES

EGGLES, BUTTERLESS, MILKLESS, WHEATLESS CAKE

1 c. brown sugar or molasses.	$\frac{1}{2}$ t. cloves.
$1\frac{1}{4}$ c. water.	$\frac{1}{4}$ t. nutmeg.
$\frac{1}{3}$ c. hard fat or oil.	1 c. rye flour.
1 c. seeded raisins.	1 c. corn flour.
$\frac{1}{2}$ t. salt.	4 t. baking powder or
1 t. cinnamon.	1 t. soda if molasses is used.

If corn flour is unobtainable, use graham or whole wheat. All graham may be substituted. Boil everything but the flour and leaven for 3 min. When the mixture is cool add the last two ingredients sifted together. This should be a stiff drop batter. Bake in a pan with a tube

in the center. All moist cakes are better if the heat can penetrate the center although the mixture can be baked in a loaf. Cook 45 to 60 min. in a moderate oven. Cold coffee may be used for liquid in any dark cake.

APPLE SAUCE CAKE

$\frac{1}{2}$ c. fat.	$\frac{1}{2}$ t. cloves.
1 c. brown sugar or molasses.	2 c. flour (any mixture)
1 c. unsweetened apple sauce.	1 c. raisins or other fruit.
$\frac{1}{2}$ t. salt.	Soda.
1 t. cinnamon.	

Soften or slightly melt the fat and add the sweetening. Add alternately the apple sauce and dry ingredients. Add the raisins last, using a little of the flour for coating them. This also is a stiff drop batter. Bake in same manner as Eggless, Butterless cake. If the sugar is used add only 1 t. soda for that, the sauce, and the raisins. If molasses is substituted, use $1\frac{1}{2}$ t. soda.

SPICE CAKE—(See "Biscuits")

COTTAGE PUDDING CAKE

1 T. fat.	$\frac{1}{4}$ c. flour.
1-3 c. sugar or other sweetening.	2 t. baking powder.
1 egg.	$\frac{1}{2}$ c. liquid.
$\frac{1}{2}$ t. salt.	Any flavoring desired.

Melt the fat and add the sugar as well as you can. Add the egg and beat thoroughly to partially dissolve the sugar. Add alternately the sifted dry materials and the liquid. Make a pour batter, and bake 15 to 20 min. in small tins or 30 min. in a loaf. Serve with a sauce. The cake dries quickly, so it is better eaten the day it is baked.

CHOCOLATE CAKE

$\frac{1}{2}$ c. fat.	$1\frac{1}{2}$ t. baking powder.
2 c. brown sugar.	$\frac{1}{4}$ t. soda.
2 eggs.	$\frac{3}{4}$ c. shaved chocolate or
$\frac{1}{2}$ c. sour milk.	$\frac{1}{2}$ c. chocolate dissolved in
1 t. vanilla.	$\frac{1}{2}$ c. boiling water.

Mix in the usual manner adding the cool chocolate after the eggs. Cocoa has about half as much fat as chocolate; so if former is used the fat may be increased a trifle. This mixture makes a very soft drop batter, almost a pour batter. If more liquid is needed use sweet milk or water. Bake in shallow pan about half an hour. Chocolate burns readily, so lower the heat during the last part of the time.

GINGERBREAD NO. I

$\frac{1}{4}$ c. fat.	2 c. flour.
$\frac{1}{2}$ c. brown sugar.	2 t. ginger.
$\frac{1}{2}$ c. molasses.	$\frac{1}{4}$ t. salt.
1 egg.	$\frac{1}{2}$ t. soda.
$\frac{1}{2}$ c. sour milk.	

Make a pour batter and cook in muffin tins. Bake about 20 min. in a moderate oven. Molasses burns easily.

GINGERBREAD NO. II

$\frac{1}{4}$ c. fat.	$3\frac{1}{4}$ t. soda.
$\frac{1}{2}$ c. sugar.	1 t. baking soda.
$3\frac{1}{4}$ c. molasses.	$\frac{1}{2}$ c. milk.
1 T. ginger.	2 c. rye flour.
$\frac{1}{2}$ t. salt.	

Pour into muffin tins and bake 20 min. in moderate oven. These cakes are very much better after they have been kept in a bread or cake tin several hours. When first removed from the oven the crust is a little firm.

INDIAN MEAL FRIED CAKES

$1\frac{1}{2}$ c. soft white or Southern cornmeal.	2 eggs.
$3\frac{1}{4}$ c. milk.	1 t. cinnamon.
$\frac{1}{4}$ c. drippings or oil.	$1\frac{1}{2}$ t. salt.
$3\frac{1}{4}$ c. corn syrup.	2 t. baking powder.
	$1\frac{1}{2}$ c. white flour.

Cook milk and meal in a double boiler for 10 min. Add fat and sweetening. When cool add the beaten eggs and combine with the sifted dry materials. Roll out, cut, and fry in deep fat. Drain on absorbent paper. (30 to 36 cakes).

POTATO FRIED CAKES

$\frac{1}{4}$ c. fat.	1 t. nutmeg.
$\frac{1}{4}$ c. sugar.	$\frac{1}{2}$ c. sour milk.
$\frac{1}{2}$ c. corn syrup.	$\frac{1}{4}$ t. soda.
1 t. salt.	2 t. baking powder.
1 c. hot mashed potato.	Flour.
1 egg.	

Put the first four ingredients into a bowl and add the hot potato. Mix well, add the egg and sour milk. Sift soda and spice with a little flour and add next. Continue adding flour until the mixture can be rolled out. Make these as soft as possible without soaking fat. Fry as usual. These cakes will keep moist for a number of days. (3 doz. cakes).

OATMEAL COOKIES

$\frac{1}{4}$ c. fat.	$\frac{1}{2}$ c. flour.
$\frac{1}{2}$ c. brown sugar.	$\frac{1}{2}$ t. salt.
1 egg.	$\frac{1}{4}$ t. cinnamon.
2 T. liquid (coffee, milk, or water)	$\frac{1}{4}$ t. cloves.
1 c. rolled oats.	2 t. baking powder.

Cream fat, add sugar and mix thoroughly. Add beaten eggs, liquid, flour, and rolled oats. This should be a stiff drop batter. Drop by teaspoonfuls on a greased tin, allowing plenty of room to spread. Raisins, currants, or nuts could be added, using $\frac{1}{2}$ c. of any one of these. Cooked, chopped orange or lemon peel gives a change of flavor.

BREAD

The gluten of wheat is a mixture of substances which, when mixed with liquid, makes an elastic mass. When gas is formed in the dough, the latter will rise and expand until it reaches a breaking point. Good bread flour has the right kind and amount of gluten. In general, spring wheats have more of this property, although a hard winter wheat may be used.

Rye flour has less of this elastic quality, and therefore is unsatisfactory for use alone. It is impossible to make light bread from corn meal alone. Even those breads made by combining corn with wheat or rye cannot be handled like breads made from wheat. The process is much shorter. The bread may be mixed, kneaded, and placed in a deep pan at once, and baked as soon as light. Or, it may be made into a very stiff dough at once (since it softens as it rises) and then lightly worked just enough to shape into loaves. If possible, pans should be so placed in the oven that air will circulate around them. If they touch each other or the sides of the oven, the loaves of bread will rise unevenly and be unsightly. If the oven is crowded, it may be necessary to change the position of the pans occasionally to insure well shaped loaves.

Mashed potatoes may be used in bread, and every pound of mashed potato contains about $1\frac{1}{4}$ c. water and starch, etc., equivalent to those substances in 1 c. wheat flour. Doughs containing a large amount of potato must be very stiff, since the potato contains water which will cause the dough to soften as it ferments.

GENERAL RULES

If milk is used, scald to prevent souring. Liquid should be lukewarm for best growth of yeast. If too warm it will kill the yeast and make flour pasty; if too cold it will retard the growth of the yeast. The temperature of a warm room is right for the dough, and an even temperature will produce the best results.

An ordinary sized loaf of bread should bake 1 hour. Whole wheat, rye bread, etc., should cook a little longer. The oven at first should be hot enough to brown a piece of heavy white paper, or 1 t. flour in 5 min. The heat should increase during the first quarter of the time, remain constant the next two quarters, and decrease the last quarter. Rolls, being smaller, require a hotter oven. When bread is baked, remove from pan and cool on a rack, if a crusty loaf is liked. If soft crust is desired, brush with liquid or fat, or wrap in a clean cloth when the loaves are partially cooled.

Put sweetening, salt, potato, squash, etc., and fat in bowl and pour in hot liquid. When the mixture is lukewarm, add softened yeast and sufficient flour to make a sponge (soft drop batter); it will take between one half and two thirds of full amount. Beat hard for a few minutes, cover and let double in bulk. Then add sufficient flour to enable the dough to be handled. Turn out onto a floured board and knead until smooth and elastic. It should rebound under the pressure of the finger; also stop sticking to the board. Put into a greased or moistened bowl and grease or moisten the top in the same manner to prevent a crust from forming. When doubled in bulk separate into pieces for the loaves and knead to break up large bubbles and make fine grained. When the dough is light bake.

The making of the sponge may be omitted, although this hastens the process, and the materials mixed and kneaded in the beginning and later shaped.

Salt has a tendency to retard the fermentation, so if the sponge method is used, the salt may be added with the second lot of flour. It is a good plan to measure salt and put it on top of the sponge so it will not be forgotten.

WHEAT BREAD

2 c. liquid.	2 t. salt.
1 T. sweetening.	$\frac{1}{4}$ to 1 yeast cake.
1 T. fat.	6 c. flour (about).

Prepare according to the general rule for bread made with a sponge or the straight dough method. This will make two loaves.

POTATO BREAD

Use from $\frac{1}{2}$ to 2c. mashed potato. If the larger amount is used leave out $\frac{1}{2}$ c. liquid, and make the dough a little stiffer than for the plain bread.

SQUASH BREAD

Follow recipe for wheat bread using $1\frac{1}{2}$ c. liquid and $\frac{1}{2}$ c. squash.

WHOLE WHEAT BREAD

2 c. liquid.	$\frac{1}{4}$ to 1 yeast cake.
2 to 4 T. molasses.	3 c. flour. (?).
2 t. salt.	3 c. whole wheat. (?).
1 to 2 T. fat.	

When flours are used in combination always make the sponge with the white flour.

RYE BREAD .

Substitute rye flour for whole wheat in the above recipe. Half rye flour may be used although a lighter and more satisfactory loaf results when one-third rye is used.

CRUMB BREAD

Same ingredients as for whole wheat bread, using 1 c. dried ground crumbs and $4\frac{1}{2}$ to 5 c. flour. Soak crumbs in hot liquid for 15 min. and proceed according to rule.

BARLEY BREAD

$\frac{1}{4}$ c. pearl barley or	2 t. salt.
1 c. after cooking.	1 to 2 T. fat.
2 c. liquid.	$\frac{1}{4}$ to 1 yeast cake.
2 T. sweetening.	$\frac{1}{4}$ to $\frac{1}{2}$ c. flour.

OATMEAL BREAD

Same ingredients as for whole wheat bread, using 1 c. rolled oats, and about 4 c. flour. Soak the oatmeal in hot liquid for 15 min. Or, use 2 c. hot oatmeal mush and no other liquid.

CORN MEAL BREAD

$\frac{1}{2}$ to 1 c. cornmeal.	2 t. salt.
2 c. liquid.	$\frac{1}{4}$ to 1 yeast cake.
2 T. sweetening.	3 to 4 c. flour.
1 to 2 T. fat.	

1 c. meal makes a very moist loaf of bread and many prefer the smaller amount. Cook the meal in the liquid in a double boiler. After 15 min. add sweetening, fat, and salt. When the mixture is lukewarm add the yeast and flour. Make a stiff dough and put directly into greased bread pans with high sides. When the dough is light bake. The bread may be allowed to rise once, and then shape into loaves. If salted cornmeal is used lessen the salt.

STEAMED PUDDINGS

Steam may come in direct contact with food as when cooking fowl, rice, etc., and prevents browning and loss of moisture. It may be used merely to heat or cook mixtures. (Materials cooked in a double boiler, or in a pan set into another of boiling water).

Steam prevents burning and is a good method for mixtures in covered molds which have sufficient moisture in themselves, but require long cooking. Molds may be put into a steamer, or into a colander or sieve over boiling water, or on a rack or several folds of paper in the water. Molds must be well greased and, if they have no covers, grease a piece of heavy paper on both sides and tie securely over the top.

CRUMB PUDDING No. I

2 c. dried crumbs.	$\frac{1}{4}$ t. salt.
1 c. molasses.	1 t. cinnamon.
1 c. water.	$\frac{1}{2}$ t. cloves.
1 egg.	$\frac{1}{4}$ t. nutmeg.
1 c. flour.	1 c. raisins.
$\frac{1}{2}$ t. soda.	

Sift the soda, salt, and spices with the flour. Combine all ingredients, making a soft drop batter. This will make enough pudding to nearly fill three pound baking powder cans after steaming. The molds must be well greased and not more than two-thirds full of batter in the beginning. Steam three hours.

CRUMB PUDDING No. II

2 c. crumbs.	$1\frac{1}{2}$ t. soda.
1 c. molasses.	$\frac{1}{4}$ t. salt.
1 c. sour milk.	Any spice desired.
2 t. fat.	1 c. raisins, currants, or peanuts
1 c. flour (rye or graham)	

Combine materials to make rather a stiff drop batter. Steam three hours.

SPICE PUDDING No. I

$\frac{1}{4}$ c. oil.	1 t. soda.
1 c. molasses.	2 c. bread flour (art rye, or graham may be used).
$\frac{3}{4}$ c. liquid.	
Any spices desired.	

This makes a thick pour batter. Steam three hours. This makes twelve large portions.

SPICE PUDDING NO. II

1 egg.	$\frac{1}{2}$ t. nutmeg.
1 c. molasses.	1 t. soda.
$\frac{1}{2}$ c. water.	1 c. flour.
$\frac{1}{4}$ t. salt.	

Combine materials and steam in the same manner as other puddings. This mixture makes a very thick pour batter.

GRAHAM PUDDING

$\frac{1}{4}$ c. fat.	$\frac{1}{2}$ t. soda.
$\frac{1}{2}$ c. molasses.	1 t. salt.
1 egg.	$1\frac{1}{2}$ c. graham flour.
$\frac{1}{2}$ c. milk.	1 c. chopped raisins, dates, or figs.

SUET PUDDING

$2\frac{1}{4}$ c. flour (any combination).	$\frac{3}{4}$ c. suet, or $\frac{3}{8}$ c. fat.
1 t. soda.	1 c. molasses.
1 t. salt.	1 c. milk and water.
$\frac{1}{2}$ t. cinnamon.	$\frac{1}{2}$ c. raisins.
$\frac{1}{4}$ t. cloves.	$\frac{1}{2}$ c. currants.
$\frac{1}{4}$ t. nutmeg.	

Remove skin from suet and chop fine. (If a little of the flour is chopped with suet the latter will not stick together so much.) Work fat into the sifted dry ingredients, add the liquids and lastly the floured fruit. (Use some of the flour called for in the recipe.) This mixture makes a soft drop batter. Steam 3 hours, or $1\frac{1}{2}$ hours for individual molds. If water and liquid fat or oil are used, increase the flour to 3 c.

Boston Cooking School Cook Book. L. F. M. Fartner.

CHOCOLATE PUDDING

3 T. fat.	$2\frac{1}{4}$ c. flour (any combination)
$\frac{2}{3}$ c. sugar, or	3 t. baking powder.
half sugar and half corn syrup.	$\frac{1}{2}$ t. salt.
1 egg.	$1\frac{1}{2}$ squares or ounces of chocolate.
1 c. milk.	

Soften or melt fat; work in the sugar, add the beaten egg and beat hard until creamy. Melt the chocolate over hot water and add next. Add alternately the sifted dry ingredients and liquid. Steam 2 hours.

Boston Cooking School Cook Book.

BERRY PUDDING

$\frac{1}{2}$ c. butter substitute.	4 t. baking powder.
1 c. sugar, or	$3\frac{1}{2}$ c. flour.
$\frac{1}{2}$ c. honey or other sweetening.	2 c. cranberries, huckleberries, etc.
2 eggs.	1 t. salt.
$\frac{1}{2}$ c. milk.	

Cream the fat and combine ingredients in the same manner as in the chocolate pudding. Add the berries last. This mixture may appear a trifle stiff, but the fruit will add liquid during the cooking of the pudding. Steam 3 hours.

FRUIT SNOW BALLS

1 qt. cooked rice. Canned fruit.

Butter 6 cups and in each one put a layer of rice $\frac{1}{2}$ inch thick. Fill the centers with peaches, apricots, cherries, apples, etc. Cover with rice, and steam 20 to 30 min. Unmold and serve with a liquid sauce made with the fruit juice.

OTHER DESSERTS

BREAD PUDDING

2 c. packed stale crumbs.	2 to 3 eggs.
4 c. hot milk.	$\frac{1}{2}$ t. salt.
$\frac{1}{2}$ c. sweetening.	$1\frac{1}{2}$ t. vanilla, or other flavoring.

Soak crumbs in hot milk 15 min. Beat the eggs, add the sweetening and flavoring, and mix with the crumbs. Pour into buttered pudding dish and cook in a pan of warm water. Do not let the water boil. Small puddings bake in 25 min.; large ones will take nearly an hour. After the pudding has thickened around the edges take a spoon and very gently push the thickened part towards the center. This serves sixteen.

VARIATIONS

With the vanilla flavoring use $\frac{1}{2}$ c. each of raisins and chopped peanuts.

Use $\frac{1}{2}$ c. chopped cooked orange peel.

Use $\frac{1}{4}$ c. more sweetening and 2 oz. chocolate melted over water.

Use 1 t. cinnamon, $\frac{1}{2}$ t. cloves, $\frac{1}{4}$ t. nutmeg.

Use 4 eggs. Incorporate two eggs and two yolks in the pudding.

Make a meringue of two whites beaten stiff and $\frac{1}{4}$ c. sugar. Brown in a moderate oven.

In a pudding dish place alternate layers of strained apple sauce and slices of bread spread with butter substitute. Use bread for the

top layer. The sauce should be quite sweet, and seasoned with vanilla, lemon, or spice. Toasted bread gives a pleasing flavor, but requires more liquid than the other. Bake 30 to 40 min. in a moderate oven, or until the bread has become thoroughly saturated with the sauce and puffed up. Crushed cooked prunes with the juice may be used in the same manner.

APPLE COBBLER

Wipe, pare, quarter and core 6 apples. Make a syrup of 1 c. water, $\frac{1}{3}$ c. white or brown sugar, and $\frac{2}{3}$ c. corn syrup. Add enough apples to cover bottom of the saucepan, placing core side down as this is the hardest part. Cook until soft but the pieces still retain original shape. Remove apples and cook the remaining pieces. Reduce syrup and pour over the apples in a baking dish. Spice may be added if desired. Cover with a biscuit crust and bake 20 to 30 min. Dried apples, pears, peaches or prunes may be used after soaking and cooking. If dried fruit is substituted add a little lemon juice or vinegar to bring out the flavor. This serves six to eight persons.

FRUIT DUMPLINGS

Heat canned or cooked fruit in an agate saucepan and be sure there is sufficient liquid to prevent burning, even if water must be added. Prepare small dumplings and cook according to directions. Remove dumplings and sweeten the fruit if necessary.

INDIAN PUDDING

5 c. hot milk.	1 t. salt.
$\frac{1}{3}$ c. soft or Southern cornmeal.	1 t. ginger or cinnamon.
$\frac{1}{3}$ c. molasses.	

Scald milk in a double boiler and very slowly sprinkle in the meal. Cook 20 min., then add remaining ingredients. Bake 2 hours in a slow oven, or in a fireless cooker. The whey will separate when the pudding is served. This is very good without any sauce, although cream makes a delicious accompaniment. This makes twelve portions.

Boston Cooking School Cook Book.

CORNSTARCH PUDDING

1 qt. milk.	$\frac{1}{4}$ c. sugar.
$\frac{1}{2}$ c. cornstarch (scant).	Pinch of salt.
$\frac{1}{2}$ c. corn syrup.	Cooked orange peel.

Mix the starch with a little of the milk, and heat the remainder in a pan over water. Add the sweetening to the milk, then the thickening; stir constantly. Cook over water 20 min., then put in the finely cut peel of two oranges and the salt. Pour into 12 cups; cool. Unmold and serve with orange sauce.

VARIATIONS

Use the juice from cooked prunes, apricots, or other fruits in place of the milk. Use $\frac{1}{2}$ c. starch as the acid of the fruit and the heat tends to lessen the thickening property. When no milk is used the mixture may be cooked directly over the fire for 5 min. stirring to prevent burning. Add the cut up fruit, and mold the pudding. Or, the fruit may be added to the pudding made with milk and the fruit juice sweetened and thickened for a sauce.

The whites of two eggs may be beaten stiff and folded into the pudding after removing from the fire. Serve with custard sauce made with the yolks of eggs. (See sauces).

$1\frac{1}{2}$ oz. chocolate or $\frac{1}{4}$ c. cocoa may be cooked with the pudding. In this case a little more sweetening will be required. Use $1\frac{1}{2}$ t. vanilla with this combination.

$\frac{1}{2}$ c. chopped nuts, dried cocoanut, or raisins may be added to the dessert.

Serve plain cornstarch pudding with chocolate or raisin sauce.

TAPIOCA DESSERTS

There are innumerable desserts made of tapioca which are most palatable and attractive. These may be found in any cook book, or a booklet of recipes obtained from any firm which markets the various forms of this material.

PUDDING SAUCES

LEMON SAUCE

$\frac{1}{4}$ c. corn syrup.
 $\frac{1}{4}$ c. sugar.
 1 c. water.

$1\frac{1}{2}$ T. cornstarch.
 Grated rind of $\frac{1}{2}$ lemon.
 2 T. lemon juice.

Mix the first three ingredients, leaving out just enough water to blend with the starch. When the first mixture is boiling add the starch and boil the sauce 5 min. Add the lemon and serve at once. One half of a cooked orange peel may be cut fine and added to the sauce.

ORANGE SAUCE

Prepare in the same manner as "Lemon Sauce," using $\frac{1}{2}$ c. each of water and orange juice, and 1 T. lemon juice.

RAISIN SAUCE

$\frac{1}{2}$ c. raisins.
 $2\frac{1}{2}$ c. water.
 $1\frac{1}{2}$ T. cornstarch.

Pinch salt.
 Pinch of cinnamon.
 1 T. vinegar or lemon juice.

Wash raisins and soak 15 min. in the water, then cook until plump. A little of the water must be saved out to blend with the cornstarch.

There should be 1 pt. after cooking. Add the salt, cinnamon, and thickening. Boil 5 min.; add the acid and serve. By using 3 T. cornstarch this mixture may be molded in cups and served as a dessert.

CHOCOLATE SAUCE

1 $\frac{1}{4}$ c. boiling water.	2 T. flour or 1 T. cornstarch.
$\frac{1}{4}$ c. corn syrup.	$\frac{1}{2}$ oz. chocolate.
$\frac{1}{4}$ c. sugar.	$\frac{1}{2}$ t. vanilla.

Cook water and chocolate until thick, smooth, and glossy. Finish cooking according to the directions given above. Or, thoroughly mix the sugar and cornstarch, pour the hot chocolate over these and boil 5 min. longer. Add corn syrup and vanilla and serve. If these sauces are cooked in too shallow a pan the evaporation will be much greater than in a deep pan. If too thick, add more liquid.

BROWN SUGAR SAUCE

1 c. boiling water.	1 T. butter substitute.
$\frac{3}{4}$ c. brown sugar.	1 T. acid.
2 T. flour, or 1 T. cornstarch.	Grated nutmeg if desired.

Mix sugar and flour, add boiling water slowly, and cook 5 min. until clear. Then add the remainder of the materials.

MARSHMALLOW SAUCE

$\frac{1}{2}$ lb. marshmallows.	$\frac{1}{2}$ c. water.
---------------------------------	-------------------------

Place in a double boiler until candy has softened. Beat the mass until creamy; add $\frac{1}{2}$ t. vanilla and serve.

CUSTARD SAUCE

2 T. flour or 1 T. cornstarch.	$\frac{1}{4}$ c. sweetening.
1 pt. milk.	Pinch of salt.
2 yolks of eggs.	1 t. vanilla.

Mix flour with a little of the milk and heat the remainder. Add the paste to the hot milk and cook over water 15 min.; stir occasionally. Mix yolks, sugar, and salt and over these pour the hot liquid, stirring all the time. Return to the double boiler and stir constantly until the mixture coats the spoon. Cool the custard and add vanilla.

PASTRY

Pies should be looked upon as a luxury under the present conditions, and when served should be of the one crust variety, in so far as

possible, all materials should conserve such foods as wheat, sugar and lard.

Following are a few helpful suggestions:

DELICIOUS PIE CRUST

1 c. pastry flour.	$\frac{1}{4}$ t. salt.
1 c. rye flour.	About $\frac{1}{2}$ c. cold water.
$\frac{1}{2}$ to $\frac{2}{3}$ c. hard vegetable fat or	
Scant $\frac{1}{2}$ c. chilled vegetable oil.	

Mix the flour and salt; add the fat, chopping or cutting it in. Add the cold water gradually, trying not to wet the same portion twice. Keep cutting the paste with a knife until the mixture forms a ball of dough. The amount of water will depend upon the quantity of fat used and the composition of the flour. The paste should not be crumbly, nor should it be sticky and cling to the sides of the dish. Turn the paste out on a well floured board, and work a minute until the mixture holds together. Roll out into shape, keeping the paste as circular as possible. With care and experience there need be few trimmings. Worked over pastry is never so satisfactory. Line a pie plate with pastry and sprinkle a little flour in the bottom if the filling is thin; this helps to prevent soaking. If the crust is to be baked first place it on the inverted pie plate, prick with a fork, and bake. The crust will puff up a little when it begins to cook and will require a second pricking to keep the bottom flat. These proportions will make 3 pastry shells.

CRANBERRY AND RAISIN PIE

2 c. cranberries.	$\frac{1}{4}$ c. cornstarch.
1 c. water.	$\frac{1}{2}$ to 1 c. raisins.
$\frac{3}{4}$ c. corn syrup and $\frac{1}{4}$ c. sugar.	1 t. vinegar or lemon juice.

Cook berries and water in a covered sauce pan until fruit is soft. Add sweetening; then the cornstarch mixed with a very little cold water. Stir constantly until the mixture boils; add raisins and cook in a double boiler 20 min. Add acid now, for if acid is cooked with starch it will thin the mixture. Cool covered, or stir occasionally while cooling to prevent a crust from forming. Pour into crust before the mixture stiffens, so that the surface will be smooth. Strips of cooked paste or bow knots may be placed on top the pie.

LEMON FILLING

2 c. water.	Pinch of salt.
1 c. sugar or	Juice and grated rind of
$\frac{1}{2}$ c. sugar and $\frac{1}{2}$ c. corn syrup	1 large lemon or orange
5 T. cornstarch.	1 egg, separated.

Cook water, sweetening, starch, and salt in same manner as cranberry filling. After 20 min. pour a little of the hot filling into the stir-

red egg yolk. Add this to the rest of the mixture, and beat in quickly and thoroughly. Cool, pour filling into crust, cover with meringue or drop it on by spoonfuls. Brown in a moderate oven, as too great heat will toughen the egg.

MERINGUE

To the egg white add 1 t. cold water and beat vigorously until stiff. Add 2 T. sugar a little at a time, and beat until meringue is stiff and glossy.

SQUASH, PUMPKIN OR SWEET POTATO FILLING

1½ c. dry sifted vegetable.	½ t. ginger.
½ c. corn syrup.	½ t. salt.
¼ c. sugar.	2 c. hot milk.
½ t. nutmeg.	4 T. cornstarch.

Mix ingredients and prepare in same manner as the lemon filling. Fill crust before mixture stiffens. All cornstarch mixtures should be thoroughly cooked, stiff enough not to run, and yet not pasty. If it is a little too stiff, add a spoonful of milk or water.

The cornstarch may be omitted and two eggs used for thickening. Mix with the other materials and pour in a tin lined with uncooked paste. Place pie on the bottom of a coal range or lower grate of gas range for ten minutes. This cooks the bottom crust a little and helps to prevent soaking. Now place pie in center of oven and decrease heat to prevent overcooking the custard. Bake.

If sweet potato is used add only ½ c. sweetening. The top may be covered lightly with dessicated cocoanut. This fills 2 small pastry shells.

PRUNE FILLING I

Wash 1 lb. prunes and soak overnight. Cook in the same water until fruit is plump and tender, then stone. Strain off the liquid; add 1 t. lemon juice and cook until thick and the quantity is just sufficient to coat the prunes. Pour syrup over fruit, put into baked pastry shell, and serve. Whipped cream piled on top the pie makes a pleasing combination but is not necessary.

PRUNE FILLING II

½ lb. prunes.	1/3 c. cornstarch mixed with
1 c. sweetening.	½ c. cold water.
Piece stick cinnamon.	1 T. lemon juice.
Boiling water.	

Wash and soak prunes. Simmer until soft; remove stones and cut fruit into halves. Measure liquid and add enough boiling water to make

$2\frac{1}{2}$ c. Prepare water, sweetening, cinnamon, and cornstarch in same manner as lemon filling. At the end of 20 min. remove cinnamon, add lemon juice and prunes. When it is thickened but not stiff, put filling into cooked crust and place in icebox or a cool place until set.

DEEP DISH APPLE PIE

5 sour apples.	$\frac{1}{4}$ t. nutmeg or cinnamon.
$\frac{1}{3}$ c. sugar or molasses.	Pinch of salt.
$\frac{2}{3}$ c. corn syrup.	1 T. butter substitute.

Wash, pare, core, and slice apples. Combine first five ingredients and put into a deep earthen or granite dish. Put pieces of butter on top. Moisten edge of dish with cold water, put over the pastry and press edge of pastry against rim of dish. The crust should be perforated to let out the steam. Bake pie in a quick oven at first then lower the heat. Cook 30 to 40 min., or until apples are tender.

Dried apples or other fruit may be used after soaking overnight. Sweetening and spice may be varied according to the fruit and individual taste.

SALADS

Salads may consist of cold cooked meats, fish, etc.; vegetables cooked or raw, fruits, nuts, or a combination of these materials. The distinctive feature of a salad is a dressing of fat, acid, and seasonings.

POINTS TO BE REMEMBERED IN MAKING SALADS

Salad plants should be clean, crisp, cold, and dry; cut material should be in uniform pieces. Meat, fish, potatoes, or any material that will absorb dressing, should be mixed with a French dressing, chilled, and drained from superfluous dressing just before serving.

The ingredients composing the salad should not be combined until the last moment as the lettuce will become wilted.

Garnish attractively, with regard to proper combinations of colors and flavors. Too much decoration is worse than none at all.

The materials on hand at the moment, and the ingenuity of the maker, must be depended upon for variety.

Scissors find many uses in the kitchen, but are especially valuable for cutting chicken without tearing into bits; for shredding peppers, tomatoes, etc.

SALAD DRESSINGS**FRENCH DRESSINGS**

- | | |
|--------------------------|-------------------------------|
| $\frac{1}{2}$ t. salt. | 2 T. vinegar, or lemon juice. |
| $\frac{1}{4}$ t. pepper. | 6 T. oil. |

Put the materials into a bottle or fruit jar; cork tightly, and shake hard until the ingredients are well blended. The colder the material the more quickly the emulsion will form.

COOKED DRESSING

- | | |
|---------------------------|---------------------------|
| 1 c. milk. | 2 T. butter substitute. |
| $\frac{3}{4}$ t. mustard. | 1 egg. |
| Pepper to taste. | $\frac{1}{4}$ c. vinegar. |
| 1 T. sugar. | |

Take a little of the cold milk and make a smooth paste that will pour. Heat the remainder of milk, add the thickening, and cook over water 15 min. Mix the dry materials with the slightly beaten egg.

Pour hot liquid over the egg, return to the double boiler, stir and cook until a custard is formed. Add butter; cool custard and add vinegar. If dressing curdles, beat it until smooth.

SOUR CREAM DRESSING

- | | |
|------------------------------|------------------------|
| 1 c. thick sour cream. | $\frac{1}{2}$ t. salt. |
| 2 T. vinegar or lemon juice. | Pepper. |

Mix ingredients thoroughly and dress salad.

BACON DRESSING

- | | |
|-----------------|-------------------------|
| 5 T. bacon fat. | $\frac{1}{2}$ c. water. |
| 2 T. flour. | 1 egg yolk. |
| Paprika. | Salt if needed. |
| 5 T. vinegar | |

Make a sauce of first five ingredients and pour into yolk, stirring constantly. Cool and add to salad. This is especially good with dandelions, endive, beet greens, etc.

MOCK MAYONNAISE DRESSING

- | | |
|---------------------------|------------------------|
| 6 T. flour. | 1 c. boiling water. |
| 1 t. salt, or more. | $\frac{1}{4}$ c. acid. |
| $\frac{1}{2}$ t. mustard. | 2 yolks of eggs. |
| Pepper. | 1 c. oil (chilled). |
| 4 T. oil. | |

Make a sauce of the flour, seasonings and 4 T. of oil and water.

Boil gently 3 min., and pour into the well mixed eggs. Stir occasionally as dressing cools to prevent a crust from forming. When COLD, add acid, mix well; add the cupful of oil $\frac{1}{3}$ at a time and after each addition beat hard with a Dover egg beater. This makes a very thick mixture, and can be used for garnishing as it does not soften so readily as a Mayonnaise dressing.

CRANBERRY JELLY SUBSTITUTE

1 qt. cranberries.	$1\frac{1}{2}$ c. corn syrup.
1 c. water.	4 T. cornstarch.
$\frac{1}{2}$ c. sugar.	

Pick over berries; wash; cover with 1 c. boiling water, and cook in a covered saucepan until the fruit is soft. Add sweetening, and when dissolved, thicken liquid with cornstarch mixed with a very little cold water. Cook 5 min. directly over the fire. When cold this mixture should not be stiff, nor yet soft enough to run. This serves sixteen persons.

PRESERVED ORANGE PEEL

The peels may be kept in a brine for several days (2 T salt to 1 pt. water). When a sufficient number have accumulated, pour off the brine and let the fruit skins stand in fresh water for 15 min.; re-heat. Simmer 30 min., or until tender; drain. For every 6 orange peels allow 1 c. corn syrup and 1 c. boiling water. Cook the tender peels in this syrup until thoroughly saturated, and they look clear. By this time the liquid should have evaporated until almost a candy. Spread the peels out on a tray, or on platters, and pour the thick syrup over the fruit. Protect from the dust and dry in a warm place. (This may take about 2 days unless a regulation fruit dryer is used.)

LISTS OF BULLETINS FOR HOUSEKEEPERS

- 808 How to Select Foods, Part 1. What the Body Needs.
- 817 How to Select Foods, Part 2. Cereal Foods.
- 824 How to Select Foods, Part 3. Foods Rich in Protein.
- How to Select Foods, Part 4. (Not yet numbered).
- 469 Fats and their Economical Use in the Home.
- 295 Potatoes and Other Root Crops as Food.
- 85 Fish as Food.
- 298 Food Value of Corn and Corn Products.
- 565 Cornmeal and Ways of Using it.
- 34 Meats: Composition and Cooking.
- 249 Cereal Breakfast Foods.
- 391 Economical Use of Meat in the Home.
- 363 The Use of Milk as Food.
- 535 Sugar and Its Value as Food.
- 712 School Lunches.
- 142 Principles of Nutrition and Nutritive Value of Food.
- 717 Food for Young Children.
- 653 Honey and Its Uses in the Home.
- 413 The Care of Milk and Its Use in the Home.
- 183 Meat on the Farm.
- 807 Bread and Breadmaking in the Home.
- 162 Cooking Meat.
- 63 Care of Milk on the Farm.
- 852 Storage of Vegetables.
- 871 Fresh Fruits and Vegetables as Conservers of Other Foods.
- 881 Preservation of Foods by Fermentation and Salting.
- 839 Home Canning by the One-period Cold-pack Method.
- 900 Homemade Fruit Butters.
- 841 Drying Fruits and Vegetables in the Home.
- 861 Removal of Stains from Clothing and Other Textiles.
- 487 Cheese and Its Economical Use in the Diet.
- 255 Home Vegetable Garden.
- 154 The Home Fruit Garden. Preparation and Care.

The above bulletins may be secured by writing to the United States Department of Agriculture, Washington, D. C.

Ask for list of free publications on Foods and Home Economics subjects, United States Department of Agriculture, Washington, D. C.

The Superintendent of Documents, Washington, D. C. will send lists of bulletins costing 5 or 10 cents.

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